

The Lauren Cohan Workout Routine



Bonus PDF File
By: **Mike Romaine**



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Lauren Cohan

Workout Routine

Training Volume:

3-4 days of weight training, and 1-2 days of activity

Explanation:

Lauren loves meditation and yoga, so be sure to add those in as well. She also says on her “rest days” she even gets in nearly 20,000 steps at times!

Workout One:

Warm Up:

Stretch

Run 800m

Workout:

Circuit One:

5 Rounds for Time

10 Burpees

20 Ball Slams

30 Second Plank

20 Plank to Push Ups

10 Wall Balls

Circuit Two:

Tabata

(Eight rounds of ultra-high-intensity. Do each workout for twenty seconds, as many reps as possible, and then rest for ten seconds and continue. Do this for eight rounds.)

Front Squats

Push Ups

Workout Two:

Warm Up:

Stretch

Run 800m

Workout:

Circuit One:

1 Round for Time

70 Calorie Run

60 Deadlifts @95 lbs women 135 men

50 Pushups

40 Box Jumps

30 Clean and Press @35

20 Sit Ups

10 Burpees

Circuit Two:

Tabata

(Eight rounds of ultra-high-intensity. Do each workout for twenty seconds, as many reps as possible, and then rest for ten seconds and continue. Do this for eight rounds.)

Row

Kettlebell Swing

Workout Three:

Warm Up:

Stretch

Workout:

Circuit One:

3 Rounds for Time

800m run

10 Power Cleans @65

15 Front Squats @65

20 Double Unders

Circuit Two:

Tabata

(Eight rounds of ultra-high-intensity. Do each workout for twenty seconds, as many reps as possible, and then rest for ten seconds and continue. Do this for eight rounds.)

Thruster

Plank

Workout Four:

Warm Up:

Stretch

Run 800m

Workout:

Circuit One:

21-15-9

Deadlifts

Box Jumps

Circuit Two:

Tabata

(Eight rounds of ultra-high-intensity. Do each workout for twenty seconds, as many reps as possible, and then rest for ten seconds and continue. Do this for eight rounds.)

Burpees

Air Squats

Circuit Three:

Three Rounds:

10 Pushups

10 Pullups

10 Dips