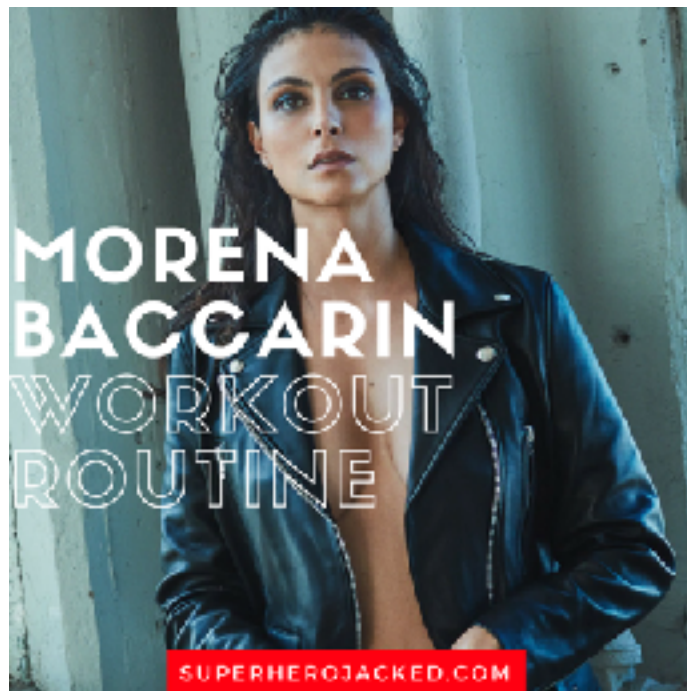


# MORENA BACCARIN

# WORKOUT ROUTINE



## BONUS PDF FILE

By: Mike Romaine



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# Morena Baccarin

## Workout Routine:

### Training Volume:

As often as possible.

### Explanation:

If you guys are familiar with our plans you'll know that I generally write them with a weight training or circuit set of days, and then two optional days of activity or cardio. For this one, though, you can really do the cardio I will be programming and/or yoga every single day of the week if you'd like!

## Morena Baccarin Cardio Options:

Morena Baccarin mentions in some interviews that the most exercise she gets ends up being from walking, but also that if there is a pool, she'll do laps! So, I'm going to give you a few cardio options to take advantage up to keep you healthy and in tip top shape.

- Brisk Walking for an Hour
- 20-30 min incline walk
- 20-30 min swimming and laps

## Morena Baccarin Activity Options:

Morena Maccarin also mentions how much she loves other activities besides the cardio options I give above. I will name a few for you to take advantage of, the first two being the most prominent in what she addresses within interviews.

- Jivamukti Yoga (or any style yoga)
- Pilates
- Hiking
- Random Sports/Fun Activity