

GABRIELLE UNION

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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The Gabrielle Union Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to program you one day of Gabrielle Union's official shared workout, two days of activity (and/or Pilates), and then another two days based around quotes and things she has told us about in-home and other fitness styles.

Day One: Gabrielle Union's Insta Share

Warm Up:

Stretch

10-20 min cardio

Workout:

Back Squats

3×10

Box Pistol Squats (weighted with med ball)

3×10

Dumbbell Chest Press (on stability ball)

3×10

Box Jumps

3×10

Lateral High Knees

3 sets back and forth

Sled Push

3 sets back and forth

Mid-Cable Rotations

3×10

Day Two: Pilates or Activity Day

Today is a day you get out there and utilize your fitness.

Whether that means you're doing pilates like Gab Union likes to do, or maybe even getting in some yoga or MMA training (which we have both inside [The Academy](#) if you're looking for a home).

You can also go for a hike, play some sports, go climbing, or anything else that gets you out and moving!

Day Three: Gabrielle Union In-Home Workout

Warm Up:

Stretch

Workout:

3-5 Rounds of this Circuit:

20 Jumping Jacks

10 Push Ups

10 Sit Ups

15 Curls (5 lb. weights)

15 Squats

When you have more time:

Interval Training:

Jog on level 5 for one minute

Drop to 3 for one minute

Jog on level 5.2 for one minute

Drop down

Jog on 5.5 for one minute

Aim for 6 rounds of this cycle

Day Four: Pilates or Activity Day

Today is a day you get out there and utilize your fitness.

Whether that means you're doing pilates like Gab Union likes to do, or maybe even getting in some yoga or MMA training (which we have both inside [The Academy](#) if you're looking for a home).

You can also go for a hike, play some sports, go climbing, or anything else that gets you out and moving!

Day One: Gabrielle Union Gym

Day

Warm Up:

Stretch

10-20 min cardio

Workout:

Deadlifts

3×10

Full Body One Arm Dumbbell Snatch

3×10

Arnold Press

3×10

Jumping Lunges

3×10

Dips

3×Failure

Sled Push

3 sets back and forth

Mountain Climbers

3×25