

TOMB RAIDER

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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.

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Tomb Raider Workout Routine

Training Volume:

5 days per week

Explanation:

It's time to get active. Lara Croft can do it all. Whether or not you're capable of shooting arrows and guns the way she does or not, we're going to get you moving through this workout.

Day One: Full Body and Cardio

Warm Up:

Stretch

30 min treadmill jog

Workout:

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Strength WOD:

Reps:

21-15-9

Movements:

Deadlifts and Box Jumps

Day Two: Lara Croft Activity Day

Thinking back to some of the activities we know Lara Croft loves:

Freeclimbing, Shooting, Riding, Canoeing

You can utilize these, archery, MMA training with **Coach Derek** (or other coaching), and much more.

Get out there and get active!

Use your fitness.

Day Three: Full Body and Cardio

Warm Up:

Stretch

30 min treadmill jog

Workout:

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Strength WOD:

Reps:

21-15-9

Movements:

Thrusters and Burpees

Day Four: Lara Croft Activity Day

Thinking back to some of the activities we know Lara Croft loves:

Freeclimbing, Shooting, Riding, Canoeing

You can utilize these, archery, MMA training with **Coach Derek** (or other coaching), and much more.

Get out there and get active!

Use your fitness.

Day Five: Full Body and Cardio

Warm Up:

Stretch

30 min treadmill jog

Workout:

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Strength WOD:

Reps:

21-15-9

Movements:

Clean and Press and Jumping Lunges