

NEYMAR

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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Neymar

Workout Routine:

Training Volume:

5+ days per week

Explanation:

You're going to want to be extremely active. I'm going to program you 3 days of training, but the other days you're going to want to go for long distance runs, or get other forms of cardiovascular training in, including HIIT training, which I will explain as well.

Day One: Cardio, Calisthenics, Weights and Run

Warm Up:

Stretch

Jog 800m

Workout 1:

Circuit:

4 Rounds

400m run

15 Jump Squats

100 Jump Ropes

100m Sprint

15 Box Jumps

Workout 2:

Back Squat

4×12

Weighted Lunges

4×12

Mountain Climbers

4×25

Plank Holds

4×60 seconds

Cooldown:

10 minute jog

Day Two: Cardio or Activity Day

Get active.

If you feel confident enough you can get enough activity and cardio in being active doing something like hiking, tennis, or some type of other movement...do it!

If not, you have some options:

Long Distance Cardio:

Run a 5k (3.1 miles)

High Intensity Interval Training:

60 minutes on and off cardio

1 min on: Run 5.5-9 mph

1 min off: Run 2.5-3.5 mph

Day Three: Cardio, Calisthenics, Weights and Run

Warm Up:

Stretch

Jog 800m

Workout 1:

Circuit:

4 Rounds

400m run

15 Jumping Lunges

100 Jump Ropes

100m Sprint

15 Goblet Squats

Workout 2:

Front Squats

4×12

Leg Press

4×12

Leg Raises

4×25

Plank Holds

4×60 seconds

Cooldown:

10 minute jog

Day Four: Cardio or Activity Day

Get active.

If you feel confident enough you can get enough activity and cardio in being active doing something like hiking, tennis, or some type of other movement...do it!

If not, you have some options:

Long Distance Cardio:

Run a 5k (3.1 miles)

High Intensity Interval Training:

60 minutes on and off cardio

1 min on: Run 5.5-9 mph

1 min off: Run 2.5-3.5 mph

Day Five: Cardio, Calisthenics, Weights and Run

Warm Up:

Stretch

Jog 800m

Workout 1:

Circuit:

4 Rounds

400m run

15 Pistol Squats (each leg)

100 Jump Ropes

100m Sprint

15 Weighted Step Ups

Workout 2:

Overhead Squat

4×12

Hamstring Curls

4×12

Sit Ups

4×25

Plank Holds

4×60 seconds

Cooldown:

10 minute jog