

SANDRA BULLOCK

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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Sandra Bullock

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to program you three days of training that is based on Simone De La Rue styled training (hers is actually dance cardio, which would usually fit in the active-day, so I'll be programming circuit style) and I will also be giving you 2 days of activity that you can throw in there as well.

Day One: Circuit Training

Warm Up:

Stretch

800m Jog

Workout:

Circuit One:

Run this 3 Times Through

10 Box Jumps

20 Mountain Climbers

10 Jumping Lunges

Circuit Two:

Run this 2 Times Through

10 Knee Push Ups

20 Burpees

60 Second Plank

Circuit Three:

Run this 1 Time Through:

40 Calorie Run, Bike or Row

30 Air Squats

20 Light Clean and Press

10 Kettlebell Deadlift

Day Two: Activity Day Cager

This one is going to be on you.

Regardless of if you're looking to train some MMA with **Coach Derek**, get a session with Simone De La Rue, go to a yoga or pilates class – or even just getting out there to use your fitness.

Make it happen.

Get out there and go hiking, play some sports, climb a mountain – do your thing!

Day Three: Circuit Training

Warm Up:

Stretch

800m Jog

Workout:

Circuit One:

Run this 3 Times Through

10 Weighted Step Ups

20 Mountain Climbers

10 Pistol Squats

Circuit Two:

Run this 2 Times Through

10 Dips

20 Burpees

30 Second Side Plank (each side)

Circuit Three:

Run this 1 Time Through:

40 Calorie Run, Bike or Row

30 Knee Push-ups

20 Light One Arm Dumbbell Snatch

10 Thrusters

Day Four: Activity Day Cager

This one is going to be on you.

Regardless of if you're looking to train some MMA with **Coach Derek**, get a session with Simone De La Rue, go to a yoga or pilates class – or even just getting out there to use your fitness.

Make it happen.

Get out there and go hiking, play some sports, climb a mountain – do your thing!

Day Five: Circuit Training

Warm Up:

Stretch

800m Jog

Workout:

Circuit One:

Run this 3 Times Through

10 Jump Squats

20 Mountain Climbers

10 Weighted Lunges

Circuit Two:

Run this 2 Times Through

10 Plank to Push Up

20 High Knees

60 Jump Rope

Circuit Three:

Run this 1 Time Through:

40 Calorie Run, Bike or Row

30 Air Squats

20 Pushups

10 Burpees