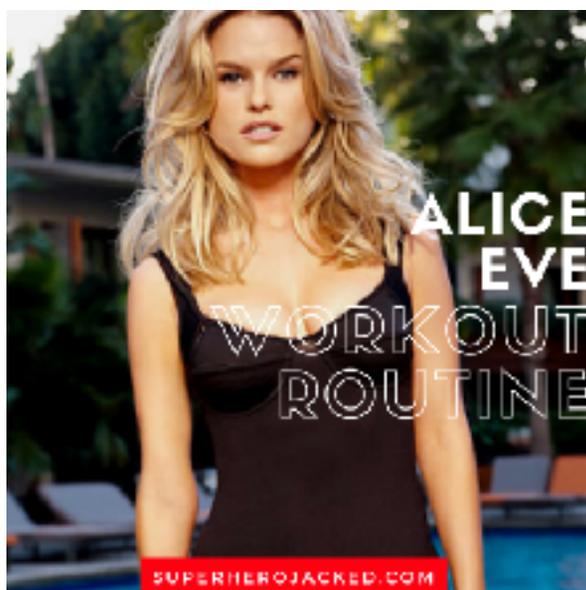


ALICE EVE

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.

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Alice Eve

Workout Routine:

Training Volume:

3-5+ days per week

Explanation:

I'm going to program you three days worth of bodyweight circuits that you can jump in any day and utilize. The other two or more days will revolve around yoga and martial arts.

Day One: Bodyweight Circuits

Warm Up:

Stretch

Circuit 1:

Three Rounds for Time

5 Burpees

25 High Knees

25 Butt Kicks

25 Mountain Climbers

5 Jumping Lunges Each Leg

Circuit 2:

5 Rounds for Time

10 Plank to Push Ups

5 Jump Squats

10 Knee Push Ups

5 Jump Squats

10 Sit Ups

5 Jump Squats

Cool Down:

10-15 min of Yoga

Day Two: Yoga and Martial Arts

In The [Academy](#) we offer yoga video walkthroughs, and you also have the option to utilize YouTube and local classes.

The same goes for martial arts. Coach Derek is in The [Academy](#), but he has also programmed multiple routines right here on the site, and there is always the option for take it to a local dojo.

Get active!

Day Three: Bodyweight Circuit

Warm Up:

Stretch

Circuit:

One Round for Time:

70 calorie row

60 Push Ups

50 Air Squats

40 Assisted Pull Ups (or Pike Pushups)

30 Sit Ups

20 Burpees

1 minute plank

Cool Down:

10-15 min of Yoga

Day Four: Yoga and Martial Arts

In The [Academy](#) we offer yoga video walkthroughs, and you also have the option to utilize YouTube and local classes.

The same goes for martial arts. Coach Derek is in The [Academy](#), but he has also programmed multiple routines right here on the site, and there is always the option for take it to a local dojo.

Get active!

Day Five: Bodyweight Circuits

Warm Up:

Stretch

Circuit 1:

10 Minute EMOM (every minute on the minute)

5 Burpees

Circuit 2:

Prison Style Circuit (5 Rounds):

10 Push Ups

10 Dips

10 Air Squats

10 Sit Ups

10 Lunges each leg

Cool Down:

10-15 min of Yoga