

# ALICE EVE

## WORKOUT ROUTINE



**BONUS PDF FILE**

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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

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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