

EMILY BLUNT

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Emily Blunt

Workout Routine:

Training Volume:

3-6 days per week

Explanation:

When Blunt was training utilizing Jason Walsh's circuits she was doing it six times a week. She also mentions doing pilates and yoga four or five times a week when she wasn't utilizing the circuit. So, I'm going to give you the circuit to utilize multiple days a week, but also keep in mind you can pair in pilates, or even yoga (which we have in [The Academy](#)) if you'd like as well.

Your move!

Jason Walsh's Circuit Programmed for Emily Blunt

Circuit one:

- Side planks (30sec)
- Jump planks (15 reps)
- Push ups (10 reps)

Circuit two:

- Squat presses (15 reps)
- Pull ups (10 reps)
- Bent over row exercises (15 reps)

Circuit three:

- Lateral lunges (10 reps each leg)
- Step ups (10 each leg)
- Straight leg sit ups (15 reps)

Alternative Activity Day

Blunt also mentioned utilizing Pilates and yoga four to five times a week.

Go out and take a class, or even hop in [The Academy](#) with us and utilize the yoga tools we have there.

Or just get out there and use your fitness!