

# LILI REINHART

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Lili Reinhart

## Workout Routine:

### **Training Volume:**

3+ days per week

### **Explanation:**

Lili's workout seems to be sporadic, but I'd suggest getting active with one of the variations I program 3+ days per week.

### **Video Link:**

[SHJ YouTube Workout Guide](#)

## Cardio Variations:

### **Slow and Steady Jog:**

By slow I mean a pace you can jog at that you won't have to start and stop and start and stop and...you get it.

### **HIIT Training Treadmill:**

Continue this for 20-30 min if you plan on adding in another variation or 40-60 if you're just doing this.

1 minute ON: Run 5.5-10mph

1 minute OFF: Walk 2.5-3.5 mph

### **HIIT Training Bike:**

Continue this for 20-30 min if you plan on adding in another variation or 40-60 if you're just doing this.

1 minute ON: Bike on level 7-10 with RPMs above 100

1 minute OFF: Bike on level 3-5 with RPMs steady below 100  
(steady easy paced)