

# MINKA KELLY

## WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# Minka Kelly Workout Routine

## **Training Volume:**

3 days of programmed training per week, and 3-4 days of activity

## **Explanation:**

Kelly mentions that she tries to get moving every single day. I'm going to program you three days of training that can all be utilized multiple times a week, and I'll also add in a section for activity you can utilize for the rest of the week.

## Day One: Full Body Workout

### **Warm Up:**

Stretch

15 minute light jog

### **Workout:**

Dumbbell Goblet Squats

3×10

Bicep Curl Steps Ups

3×10 (each leg/arm)

Cable Rows

3×10

Stability Ball Chest Press

3×10

Arnold Press

3×10

Tricep Kickbacks (DB or Cable)

3×10 (each arm)

Planks

3×60 seconds

## Day Two: Bodyweight Calisthenics

## **Warm Up:**

Stretch

15 minute light jog

## **Workout:**

**\*\*Do any reps that can't be done for the specific movement as a scaled variation\*\***

Air Squats

3×25

Push Ups (or Knee Push Ups)

3×20

Dips (or off of chair/bench)

3×15

Pull Ups (or assisted)

3×10

Burpees

3×5

# Day Three: Cardio

## **Warm Up:**

Stretch

## **Workout:**

**\*\*Choose 1 of 3 Options\*\***

Option One: Long Distance Cardio

Run 3-5 miles

Option Two:

45 minutes of HIIT Cardio

Treadmill HIIT:

1 min on: run 5.5-8mph

1 min off: walk 2.5-3.5mph

Bike HIIT:

1 min on: level 7-10 w/ RPMs above 100

1 min off: level 3-5 w/ steady slow RPMs

Option Three:

60 Minute Varied Cardio

Treadmill Walk/Run, Row, Bike, Elliptical, Stairmaster, etc.

## Bonus Activity: Classes, MMA, Yoga, and Parkour

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

Also check out the [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!