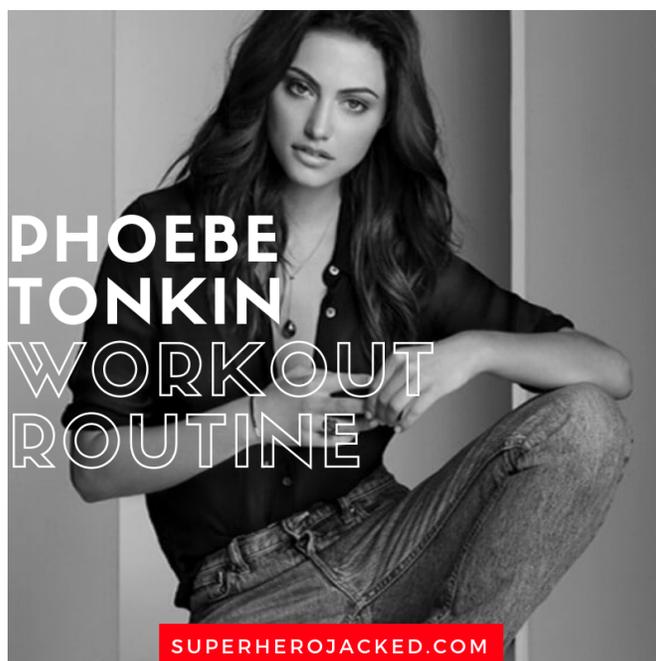


PHOEBE TONKIN

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.

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.

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Phoebe Tonkin Workout Routine

Training Volume:

4-6 days per week

Explanation:

Like we see from a lot of our celeb routines, we're going to have 3 training days, which will be high rep, low weight, like Phoebe uses, and then 2 days for activity and using your fitness.

Day One: Chest and Triceps

Warm Up:

Stretch

800m jog

Workout:

Stability Ball Chest Press

3×20, 15, 12

Skull Crushers

3×20, 15, 12

Knee Push Ups

3×20

Tricep Kickbacks

3×20, 15, 12

Circuit:

3 Rounds for Time:

5 Burpees

10 Bench Dips

15 Jump Squats

Day Two: Optional Activity Day

Phoebe Tonkin loves dancing!

She's a ballerina and also loves including dance into her workout.

Feel free to do the same on these days, or go for a walk around town, or the closest city. Get active.

Or 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](#).

And, what I have not been able to recommend until this article: the [Parkour Workout](#)(Nightrunner) designed by [Academy](#) member Felix!

Day Three: Back and Biceps

Warm Up:

Stretch

800m jog

Workout:

Dumbbell Deadlift

3×20, 15, 12

Dumbbell Bicep Curls

3×20, 15, 12

Cable Rows

3×20, 15, 12

Assisted Chin Ups

3×20, 15, 12

Circuit:

3 Rounds for Time:

5 Burpees

10 Knee Push Ups

15 Jumping Lunges

Day Four: Optional Activity Day

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Day Five: Legs and Glutes

Warm Up:

Stretch

800m jog

Workout:

Back Squats

3×20, 15, 12

Cable Pull-throughs

3×20, 15, 12

Weighted Lunges

3×20, 15, 12

Glute Bridges

3×20, 15, 12

Circuit:

3 Rounds for Time:

5 Burpees

10 Bench Dips

15 Jump Squats

Day Six: Optional Activity Day

Phoebe Tonkin loves dancing!

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Day Seven: Shoulders and Upper Body

Warm Up:

Stretch

800m jog

Workout:

Stability Ball Military Press

3×20, 15, 12

Dumbbell Front Raises

3×20, 15, 12

Dumbbell Shoulder Flys

3×20, 15, 12

Assisted Pull Ups

3×20, 15, 12

Circuit:

3 Rounds for Time:

5 Burpees

10 Knee Push Ups

15 Jumping Lunges