

CAITRIONA BALFE

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Caitriona Balfe Workout Routine

Training Volume:

2+ days per week

Explanation:

Balfe really only trains once or twice a week, and that's when she has time in her schedule to do so. Other than that she utilizes her diet and stays extremely active between work and life. I'm going to program one day for the gym (which can be used 1-3 times a week), and one day of option activities to utilize. Be sure to stay active on top of whatever you choose to incorporate.

Caitriona Balfe Gym Workout:

Warm Up:

Stretch

20 min walk/jog

Workout:

Squats (Any Variation: Goblet, Barbell, Front, etc.)

4×12

Superset One:

A. Ball Stabilized Chest Press

3×10

B. Ball Stabilized Crunches

3×10

Superset Two:

A. Kettlebell Swings

3×10

B. Bulgarian Split Squats

3×10

C. Dips (Bench is fine)

3×10

Superset Three:

A. Romanian DB Deadlifts

3×10

B. Jumping Bodyweight Lunges

3×10 each leg

C. Forearm Planks

3×60 seconds

Caitriona Balfe Activity Workout Options:

First and foremost is yoga.

Balfe mentions yoga multiple times in interviews and even mentions choosing it over the gym.

We have yoga videos and programming in [The Academy](#), or you can hit a local studio, or even utilize YouTube videos.

But, I also want to give some other options.

I tend to utilize some brisk walking outside, or even on the treadmill while reading.

All heroes should also know how to defend themselves.

Just ask MMA Coach Derek.

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