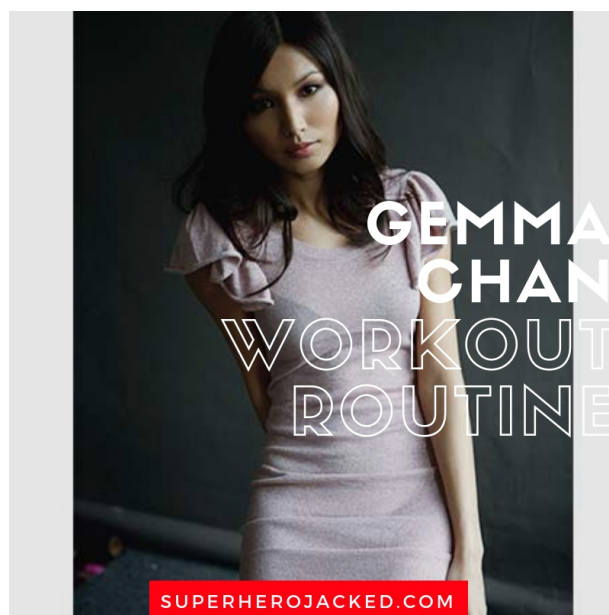


GEMMA CHAN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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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.

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Gemma Chan

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

As I said above: Gemma Chan does not really utilize much exercise in her daily regime, other than staying really active via acting and her outside life. This routine is being built for you to achieve a physique like Chan's via optional training methods below; although it can be done through the use of a healthy diet and activity.

You can use both the bodyweight workout, or the full body workout, multiple times throughout the week, or opt to utilize one of the cardio or activity options as well.

Gemma Chan Bodyweight Workout

Warm Up:

Stretch

10-20 min walk or jog

Workout:

Knee Push Ups

3×10

Air Squats

3×10

Mountain Climbers

3×20

Inch Worms

3×10

Hip Thrusts (or Glute Bridges)

3×10

Jumping Lunges

3×10 each leg

Burpees

3×5

Gemma Chan Full Body Workout

Weights

Warm Up:

Stretch

10-20 min walk or jog

Workout:

Superset One:

A. Squats (Goblet, Back, Front, any variation)

4×12

B. Step Ups

4×6 each leg

C. Glute Bridges or Pull Throughs

4×10

Superset Two:

A. Cable or Machine Rows

3×10

B. Cable or Machine Pulldowns

3×10

Superset Three:

A. Chest Press (any variation)

3×10

B. Dumbbell Kickbacks

3×10

C. Knee Push Ups

3×10

Superset Four:

A. Dumbbell Front Raises

3×10

B. Standing DB Press

3×10

Gemma Chan Workout Activity Options

First and foremost is activity.

Don't be afraid to pick fun activities like sports, hiking, or anything else you like!

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!