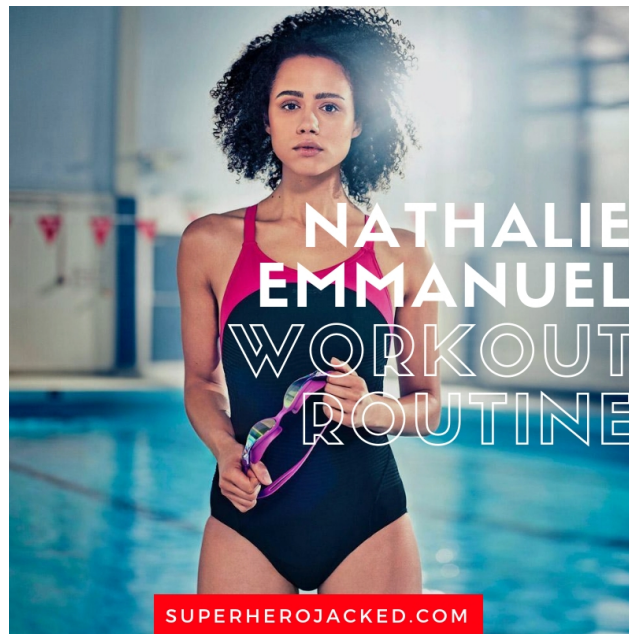


NATHALIE EMMANUEL

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Training Volume:

6+ days per week

Explanation:

Yoga is non-negotiable for Nathalie Emmanuel. She moves and utilizes yoga as her meditation basically every single day. Below I will share a weekly breakdown for her routine.

Nathalie Emmanuel Workout Day One: Swimming and Yoga

Nathalie Emmanuel says she likes to workout right when she wakes up.

She mentions that on Monday she started her week with swimming, but also mentions that she's basically incorporating yoga every single day.

You can utilize the yoga within [The Academy's Jedi Path](#) (video and text format), hit a local class, or even use YouTube.

As far as swimming, she mentions a program from Annie Emerson that is shared on Speedo.

You can find that [here](#).

Nathalie Emmanuel Workout Day Two: Jet Lag

Even on days that Emmanuel is training or extremely busy she finds a way to get yoga in.

It's her meditation.

Find a way to get a 15-60 min yoga session on some of those busier days.

Nathalie Emmanuel Workout Day Three: Boxing Circuit Training

Emmanuel steps it up here.

We love boxing and mixed martial arts. Just ask Coach Derek in [The Academy](#).

He says the closest thing to what Emmanuel described for this day would be his *Fighters Path* in The Academy, or some of the programs he has shared on the site.

These include: [Deathstroke](#), and even some of the [10-Minute or Less Circuits](#)(check out the heavy bag and one of the burpee sessions).

Coach Derek also shared an awesome circuit in the recent [Weapon X](#) workout:

Choose either ab circuit (or test your mutant healing factor and try both)

Complete each circuit 3 times!

Snikt pack abs :

Hanging leg raises 15 reps

Hip ups 20 reps

Bicycle crunches 25 reps

Regular crunches 30 reps

Abdamantium:

Toes to bar 15 reps

Reverse bicycle crunches 25 reps

Mountain climbers 20 reps each leg

Crunches 30 reps

Jab , cross, jab , cross sprawl : 90 seconds

Perform 12-15 reps per exercise

Squat

Box jump

Push ups

Burpee

Circuit training

No rest in between exercises. Rest 45 seconds between circuit for 3 total circuits

Tuck jumps 20 reps

Bear crawl 20 feet

Pushup to Burpee 5 reps

Pull ups 8 reps

And, if you'd like even more circuit and MMA training, check out these: [Moon Knight](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

And the Daredevil workout also has some beginner Parkour as well.

Nathalie Emmanuel Workout Day Four: Running

Did I mention Emmanuel also likes running?

At least once per week she mentions getting out there for a 5k.

She actually states: "I try to run at least once a week depending on if there is a gym near me. If there is, I'll run 5K a few times during the week."

So, if you can: get it in there more than once!

Nathalie Emmanuel Day Five: Swim

Emmanuel mentions a specific session for this one.

She says: "My session today will total around 650M and includes 4 x 50M easy swim to warm up. The main set is a split of 8 x 25M moderate pace lengths, followed by 2 x 100M again at a moderate pace."

But, feel free to continue on with the Speedo workout I shared in the other swimming session.

Nathalie Emmanuel Day Six: Active Rest or Run

Nathalie Emmanuel seems to switch up her routine depending on her weekly regime. For this reason, you'll also need to train intuitively.

Use today for yoga, running, or swimming.

You could even throw in another circuit training day depending on what you've done thus far in your week.

Get active and move!