

SAILOR MOON WORKOUT ROUTINE



Bonus PDF File
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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.

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SAILOR MOON WORKOUT ROUTINE

Training Volume:

3-5 times per week

Explanation:

If you're looking to slim down, supplementing some cardio is always a nice idea. Obviously nutrition is going to play the biggest role in your fat loss, but I'm programming you 3 full body days to tone you up, and 2 days of cardio for extra fat burn.

Sailor Moon Cosplay Workout Day One: Full Body and Booty

Warm Up:

Stretch

15-30 min varied cardio:

Treadmill, Elliptical, Stairmaster

Workout:

Bulgarian Split Squats

4×12 each leg

Glute Bridges

3×10

Incline Press (Machine or DB)

3×10

Tricep Overhead Extension

3×10

Shoulder Front Raises (DB)

3×10

Cable Rows

3×10

DB Bicep Curls

3×10

Sailor Moon Cosplay Workout Day Two: Cardio

60 minute of varied cardio – Choose from Options Below

Treadmill, Spin Class, Stair Master, Elliptical, Rower

I generally do 20 min of Treadmill, Stair Master and Elliptical

Sailor Moon Cosplay Workout Day One: Full Body and Booty

Warm Up:

Stretch

15-30 min varied cardio:

Treadmill, Elliptical, Stairmaster

Workout:

Goblet Squats

4×12

Cable Pull throughs

3×10

Chest Flys (Machine, Cable or DB)

3×10

Tricep Kickbacks (DB or Cable)

3×10

Standing Arnold Press

3×10

Lateral Pulldowns (Wide Grip)

3×10

Preacher Curl Machine Light

3×10

Sailor Moon Cosplay Workout Day Four: Cardio

60 minute of varied cardio – Choose from Options Below

Treadmill, Spin Class, Stair Master, Elliptical, Rower

I generally do 20 min of Treadmill, Stair Master and Elliptical

Sailor Moon Cosplay Workout Day Five: Full Body and Booty

Warm Up:

Stretch

15-30 min varied cardio:

Treadmill, Elliptical, Stairmaster

Workout:

Weighted Lunges

4×12

Assisted Dip Machine Leg Pushdowns

3×10

Bench Press (DB, BB, or Machine)

3×10

Tricep Cable Pushdowns

3×10

Kettlebell Swings

3×10

Bent Over DB Rows

3×10

Cable Hammer Curls w/ Rope

3×10