

MARISA TOMEI WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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MARISA TOMEI WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

Tomei likes to have fun with her fitness. Your job is going to be to get active. I'm going to give you a list of activity and classes Tomei likes to utilize that you can do 3+ days per week, and then I will also give you some alternatives and cardio options for you to add into the scheduling as well. On top of that I'll be adding in an easy resistance band workout day that you can add in as often as you'd like.

Tomei mentions keeping them in her luggage to utilize whenever on the go!

Marisa Tomei Workout Preferred Classes/Activity

Marisa Tomei has mentioned some fun ways she likes to get active. She's taken a hula-hooping class and also mentioned simply hula-hooping for 40 minutes in her living room when her foot was hurting and couldn't get in other activity. On top of that she likes to do other forms of activity that she said can be as simple as getting active or doing cardio. Here's some of the others:

Pilates, Yoga, Hula Hooping, Dancing, Cardio

Marisa Tomei Workout Cardio Option Alternatives

Tomei also mentions some simple activity and cardio. Here's a few options:

Varied 30-60 minutes of cardio on Treadmill, Rower, Elliptical, Bike; Hiking; Tennis and other Sports, etc.

Marisa Tomei On-The-Go Resistance Band Workout

And last but not least Tomei mentions bringing her resistance bands with her wherever she goes.

Here's a quick full body workout that you can add in whenever you'd like!

****Credit to Self Mag****

Bodyweight warm-up:

Inchworm—5 reps

Shoulder Tap—10 reps

Squat Thrust—15 reps

Air Squat—20 reps

Do 3 rounds.

Circuit #1:

**Do each exercise for 45 seconds. At the end of each round, do 10 jump squats.
Do three rounds.**

Resistance Band Bicep Curl

Plank Up-Down (no band)

Resistance Band Lateral Walk

Resistance Band Glute Bridge

Jump squat (no band) — 10 reps

Do 3 rounds.

Circuit #2:

Do each exercise for 45 seconds. At the end of each round, do 20 jump lunges.

Do three rounds.

Resistance Band Lat Pulldown

Push-up (no band)

Resistance Band Kneeling Crunch

Jump lunge — 20 reps

Do 3 rounds.

Circuit #3:

Do each exercise for 45 seconds. At the end of each round, do 10 jump squats.

Do three rounds.

Resistance Band Upright Row

Resistance Band Hinged Row

Resistance Band Glute Kickback

Resistance Band Thruster

Jump Squat (no band) — 10 reps

Do 3 rounds.