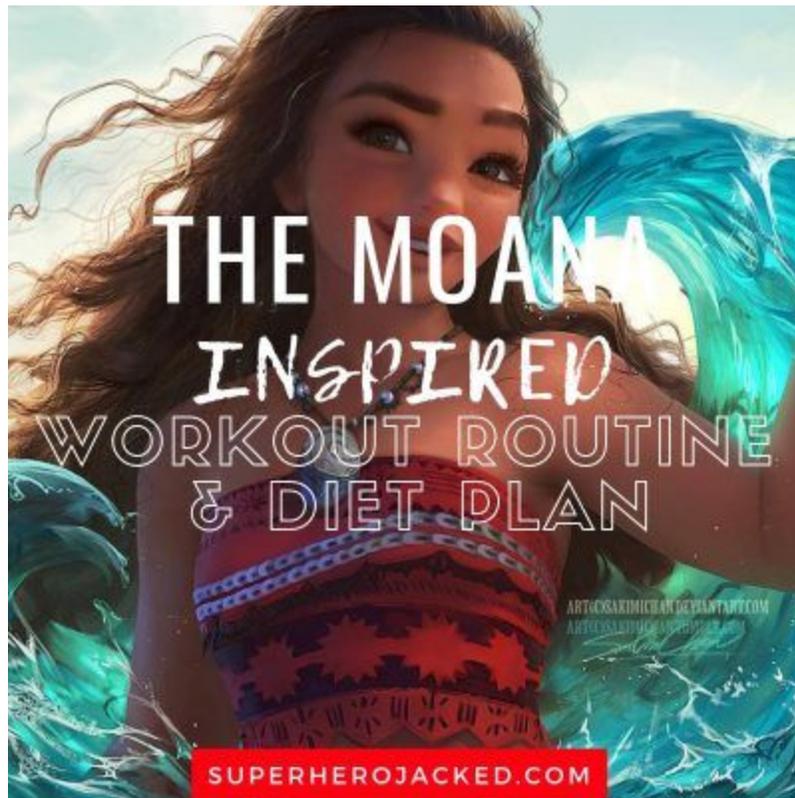


MOANA INSPIRED WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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MOANA INSPIRED WORKOUT ROUTINE

Training Volume:

3+ days per week

Explanation:

There's no specific daily training volume per week for this one because I'm going to program you a day of bodyweight training with some functional movements (inspired by Moana, of course), and then 3 separate days of programming for workouts/activities you should be doing !

Moana Inspired Workout Bodyweight Day:

Okay, so Moana is a Master Sailor with incredible Athleticism (as we spoke of before).

BUT, she also rides her sailboat like it could be a stand-up paddle-board at times!

While we will definitely have swimming routines, rowing, and some cardio, let's start with a beach/surfing bodyweight workout for all of you who would like to get in some addition bodyweight training days. Feel free to utilize this 3+ times a week.

Here are two circuits for you to go ahead and jump into:

These can be done on same day, or different days as a full workout. Your choice, based on your level.

Circuit 1:

Push-Up- 3×20

Pull-Up (if possible)- 3x as many as possible

Burpee- 4×20

Squat Jump- 3×20

Lunge- 4×20 (each leg)

Plank- 3×2 mins

Circuit 2:

Shoulder Walkout- 3×10

Knee to Elbow- 4×20

Pull-Up (if possible)- 3x as many as possible

Squat Jump- 4×20

Plank- 3×2 mins

Clap-Up- 4x as many as possible

Moana Inspired Workout Swimming Day

Okay. Moana is like a dang fish.

She just, as we were told, has a connection to the water itself.

For this one we're going to be utilizing a training program that we saw Nathalie Emmanuel utilize.

She mentions a program from Annie Emerson that is shared on Speedo. It's a beginner program you can utilize to get you started!

It's pretty in depth and fun. So get out there and swim.

You can find that [here](#).

Moana Inspired Workout Athleticism Cardio Day

Next up on the list is sailing, rowing, and running!

Moana can do it all.

So, it's time for you to choose one (or all), on multiple days, and get to it!

I'll give you some options....

Steady Long Distance:

20-30 min treadmill jog

20-30 min row machine

High Intensity Interval Training:

20-30 min treadmill HIIT (1 min on = run at 5.5-10 mph, 1 min off = walk at 2-3.5 mph)

20-30 min row HIIT (1 min on, 1 min off; cycling intensity)

Master Sailing:

Listen, I'll be honest. I don't sail.

So I can't program you how to, either.

**That being said, if you CAN: well then get out there and get that workout in. Or
learn!**