

# ROSA SALAZAR

# WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# ROSA SALAZAR WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

Most of Coach Derek's programs are a few days a week. Some can also be easily inserted within other styles of training. I will also give you a nice day to insert 2-3 times a week for activity style movements. I'll list some activities but also give some option cardio.

## Rosa Salazar Workout: Mixed Martial Arts Training

*Choose a mixed martial arts program below:*

Check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

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

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix also has body weight programming attached to it you should be utilizing on this day.

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

## Rosa Salazar Workout: Activity Day

**Prior to battle training for Alita: Battle Angel, Rosa Salazar was maintaining a slim and toned physique by staying active. I'll list some cardio options, and also some optional activity to help you burn some extra calories.**

**Optional Activity:**

**Hiking, sports, yoga, Pilates, spin class, walking, swimming, etc.**

**Optional Cardio Options:**

*I generally do HIIT for 20-30 minutes*

**HIIT Training:**

**Bike: 1 min on (RPMs above 100, level 5-10), 1 min off (Steady RPMs, level 1-5)**

**Treadmill: 1 min on: (Run 5.5-10 mph), 1 min off (Walk 2.0-3.5 mph)**

**Varied Cardio Options:**

*I generally vary my cardio 15-30 min each, 2-4 options*

**Elliptical, Treadmill, Stair Master, Bike, Row**