

ROSA SALAZAR

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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