

# EVA GREEN

# 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.

# EVA GREEN WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

We've seen some 300 style programming before. If that's what you're shooting for I'll be sharing that style below and you can train as intensely and high volume as your heart desires! I'll also be programming you 3 sample days that Eva Green would utilize with trainer Tim Jones, and then of course reminding you how Green runs 30 minutes or so a day.

## Eva Green Workout Routine: The 300 Workout

We've seen the [300 Workout](#) and even revamped it for perfection. Below I'll share those variations for you to utilize:

Bench Press Variation:

- 25 Ball Slams @15
- 50 Bench Press @135
- 50 Push-Ups
- 50 Box Jumps
- 50 Floor Wipers @135
- 50 Lunges
- 25 Ball Slams

Squat Variation:

- 25 One-Arm Snatches @36
- 50 Back Squats @135

- 50 Push-Ups
- 50 Double Unders
- 50 Sit-Ups
- 50 Clean and Press
- 25 One-Arm Snatches

**Press Variation:**

- 25 Wall Balls @15
- 50 Presses @95
- 50 Push-Ups
- 50 Double Unders
- 50 Sit-Ups
- 50 Lunges
- 25 Wall Balls @15

## **Eva Green Workout Tim Jones Style: Day One**

**Warm Up:**

**Stretch**

**10 min jog**

**Workout:**

**Circuit One:**

**3 Rounds for Time**

**1 minute bag work**

**30 Jump Squats**

**20 KB Deadlifts**

**10 Plank to Push Ups**

**Circuit Two:**

**10 Minute EMOM (Every Minute On The Minute)**

**10 Kettlebell Swings**

**2 Burpees**

## **Eva Green Workout Tim Jones Style: Day Two**

**Warm Up:**

**Stretch**

**10 min jog**

**Workout:**

**Circuit One:**

**3 Rounds for Time**

**10 Standing Military Presses w/ DB**

**10 Incline DB Chest Flys**

**10 Push Ups**

**Circuit Two:**

**3 Rounds for Time**

**10 Goblet Squats**

**10 Straight Leg DB Deadlift**

**10 Cable Pullthroughs**

**Circuit Three:**

**3 Rounds for Time**

**10 Face Pulls**

**10 Lateral Raises**

**10 Pull Ups**

## **Eva Green Workout Tim Jones Style: Day Three**

**Warm Up:**

**Stretch**

**10 min jog**

**Workout:**

**Circuit One:**

**1 Round for Time**

**60 calorie row**

**50 Weighted Lunges**

**40 Lying Leg Raises**

**30 Deadlifts**

**20 Burpees**

**10 Clean and Press**

## **Eva Green Workout Cardio and Pilates:**

**Eva Green makes sure to mention she does 30 minutes of running every single day.**

**I found the referred to in multiple sources, and direct quotes from Green herself.**

**That being said, I was also able to find that she's a fan of stretching and Pilates, so here's a friendly reminder to do both!**