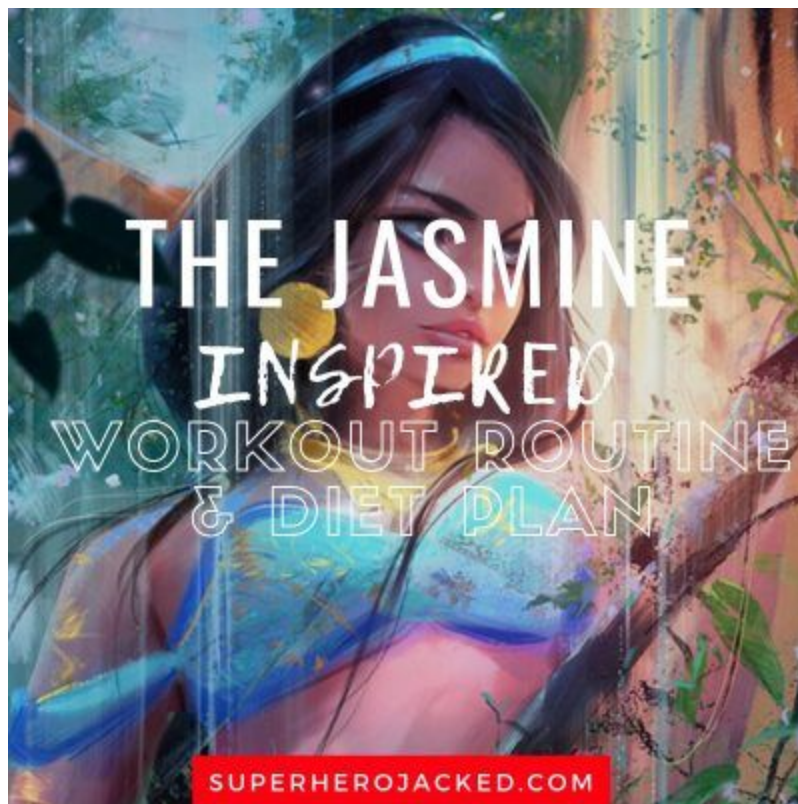


JASMINE INSPIRED WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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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.

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JASMINE INSPIRED WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm going to be programming some cardio variations and also give you some mixed martial arts programming if you'd like to add that in as well. Being that you don't have a lot of calisthenics and weights you can choose to utilize the MMA training in full, or stick to the cardio and HIIT that is programmed here.

Jasmine Inspired Cardio and Speed Workout:

Long Distance Endurance Training: 2-3 times a week

Run 2-3 miles and work your way up to eventually get in 4-5 once a week

High Intensity Interval Endurance and Speed Training: 2-3 times a week

Do 20-30 minutes on Treadmill:

One minute ON: Sprint 5.5-10mph

One minute OFF: Walk 2.5-3.5mph

Jasmine Inspired MMA and Parkour:

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.

For Parkour I worked with Felix on this one: [Nightrunner](#) workout.