

GEORGE CLOONEY WORKOUT ROUTINE



Bonus PDF File
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GEORGE CLOONEY WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this routine we're going to be doing a mix of Bikram yoga, cardio in the form of walking, tennis, or jogging, and a light mix bodyweight movements on top of ab work and "booty blasting" as Clooney called it. Perform either the every day workout 3-5 days a week, or blend in a happy mix of yoga with it as well.

George Clooney Workout: Every day Bodyweight and Cardio

Warm Up:

Stretch (and/or Yoga Poses)

10-20 min jog

OR

Walk 1 hour

Workout:

3×20 Push Ups

3×15 Air Squats

3×12 Dips

3×10 Chin Ups

Ab Workout:

3×20 Lying Leg Raises

3×20 Sit Ups

Booty Blaster Replacement:

3×20 Glute Bridges from Floor

3×20 Lunges or Step Ups (if you have a chair or box)

George Clooney Bikram Yoga Workout:

We do have some yoga videos inside [The Academy](#) that you could utilize, but for the most part the best way to go about yoga is to perform it in a classroom setting, or follow an instructional video (AKA: it's a bit harder to read what I program for you and just do it as is.)

That being said, Bikram has 26 specific poses.

You can download an image to all 26 by clicking [this button](#).

I'll also include it in George's PDF download for you to use.