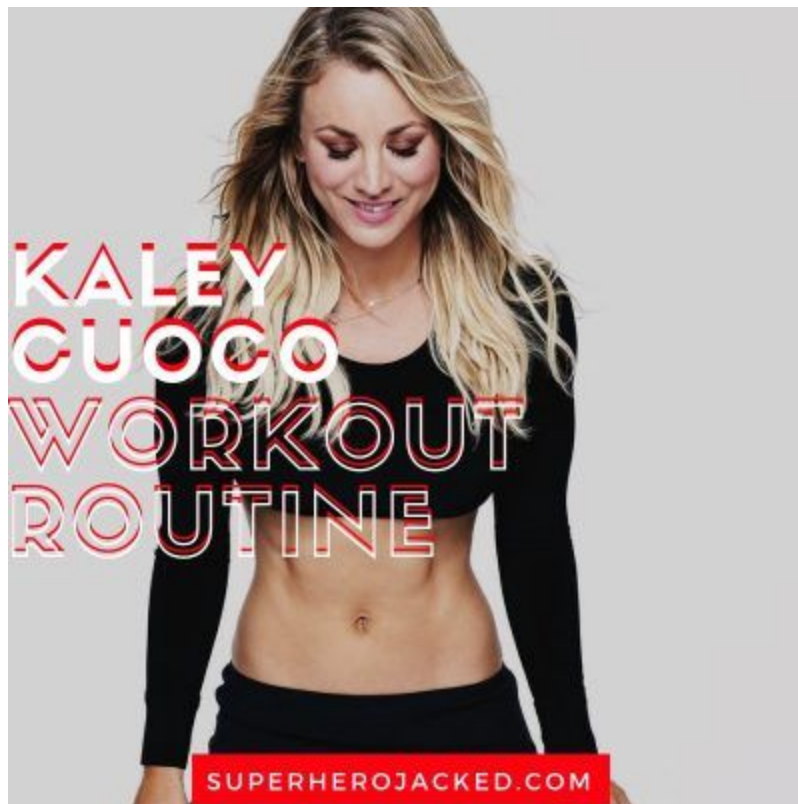


KALEY CUOCO WORKOUT ROUTINE



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.

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KALEY CUOCO WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Cuoco has mentioned being obsessed with yoga in many interviews, and also mentions doing it 5 days a week. I'm going to program you a routine that mimics the one mentioned that she does 3 days a week with a trainer, but that does not exclude the yoga and/or SoulCycle option of 5 days per week.

Circuit Explanation:

The first circuit is right from Cuoco's trainer. You can choose to use this as your whole workout for the day, or instead of performing it three times, you can utilize the other sample circuits as well to switch it up a bit.

Kaley Cuoco Bodyweight and Ab Workout: 3 Times a Week

Warm Up:

Stretch

Sample Circuit Number One:

(As Prescribed by Cuoco's Trainer)

Complete The Circuit 3 Times Total with 2 Minute Breaks in Between each Full Circuit

Three Rounds for Time (don't break in between rounds, though)

10 Close Grip Push Ups

30 Second Plank

20 Seconds of Mountain Climbers

15 Jump Squats

Sample Circuit Number Two:

5 Rounds for Time

20 V-Ups

15 Plank to Push Ups

10 Jumping Lunges

5 Burpees

Sample Circuit Number Three:

1 Round for Time

60 Seconds of Plank

50 Air Squats

40 Mountain Climbers

30 Bodyweight Rows

20 Knee Ups

10 Burpees

Kaley Cuoco Workout: Yoga and SoulCycle

Kaley Cuoco LOVES yoga.

We have some yoga videos inside [The Academy](#), and there is always YouTube, but the best yoga generally takes place in a group setting.

Get out there and follow along and utilize yoga upwards of 5 times a week like Cuoco, or switch it up and take some Spin classes or SoulCycle!