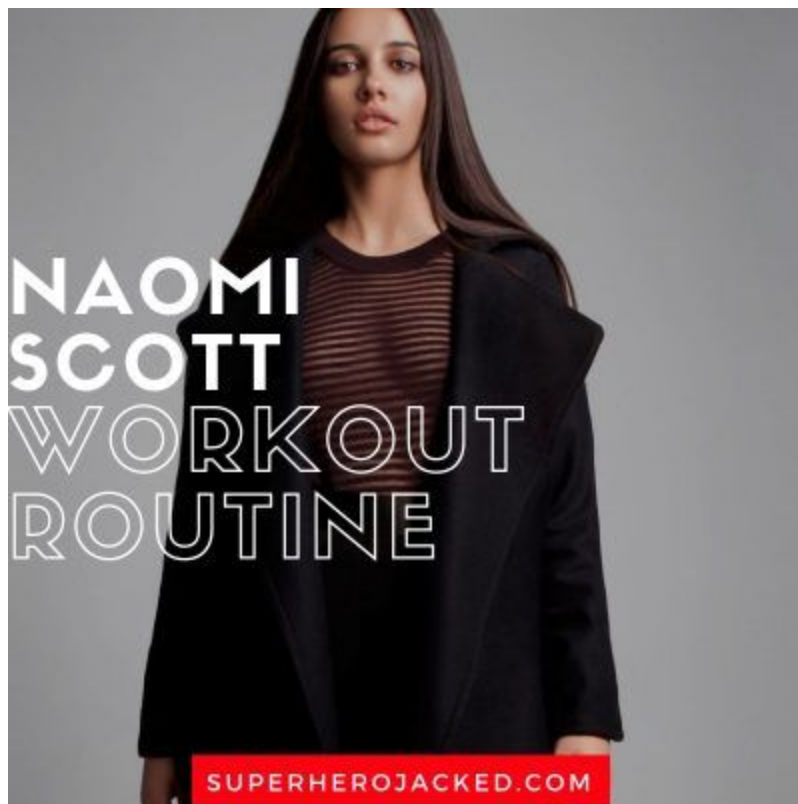


NAOMI SCOTT WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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NAOMI SCOTT WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

Naomi Scott likes to mix it up. She's not an everyday gym go-er by any means. She'll take classes, hit the gym occasionally, and mix it up a bit. I'll be programming you two days of training in the gym to use randomly like Scott, a day devoted to classes, and a boot camp style training like her Power Rangers regime.

Naomi Scott Gym Workout Day One: Full Body Upper Body Focus

Warm Up:

Stretch

15-30 minutes of varied cardio

Treadmill, Elliptical, Stair Master, Rower, etc.

Workout:

Superset One:

A. Kettlebell Swings

3×10

B. Kettlebell Deadlift

3×10

C. Kettlebell Push Press

3×10

Superset Two:

A. Bench Press on Exercise Ball

3×10

B. Dumbbell Pullover on Exercise Ball

3×10

C. Sit Ups/Crunches on Exercise Ball

3×25

Superset Three:

A. Tricep Cable Pushdowns

3×10

B. Tricep Cable Overhead Extension

3×10

C. Burpees

3×10

Naomi Scott Gym Workout Day Two: Full Body Lower Body Focus

Warm Up:

Stretch

15-30 minutes of varied cardio

Treadmill, Elliptical, Stair Master, Rower, etc.

Workout:

Superset One:

A. Kettlebell Suitcase Lunges

3×10

B. Kettlebell Goblet Squats

3×10

C. Kettlebell Figure 8's

3×10

Superset Two:

A. Leg Press

3×10

B. Calf Raises on Leg Press Machine

3×15

Superset Three:

A. Bulgarian Split Squats

3×10 each leg

B. Glute Bridges

3×10

C. Cable Pullthroughs

3×10

Naomi Scott Workout Class Day: Pilates, Spin, Yoga and more

Naomi Scott mentions that she loves going to classes because you know exactly what to do.

That being said, we obviously have to devote some training to this style in order to be like Scott.

Devote training days to getting to some classes. This can be spin class, a dance fitness class, Pilates, yoga, or anything else that gets you moving and burning calories!

Naomi Scott Workout Boot-camp Style: Pink Ranger Training

For this one I'm programming you high intensity.

What you should know is that these celebs sometimes end up training high intensity for films, but that isn't necessarily what they utilize throughout their regular daily training.

For that reason I'm bringing back a taste of the 300 Workout, boot-camp style training:

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**