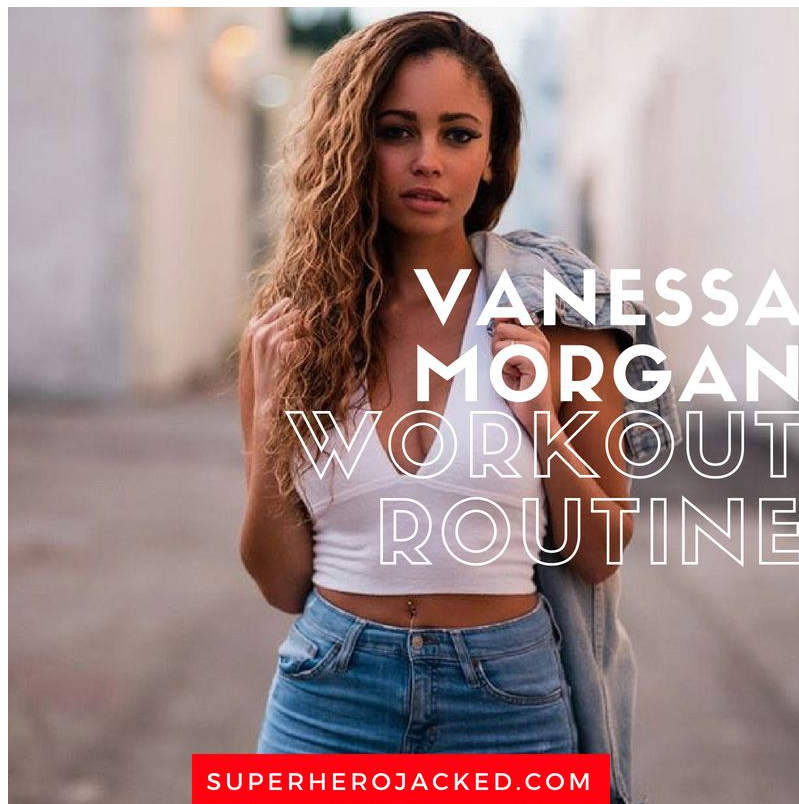


VANESSA MORGAN WORKOUT ROUTINE



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.

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VANESSA MORGAN WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

I'm going to build you a 3 day workout routine in the gym, and then it's going to be your job to get out there and get active the rest of the week. Sometimes Morgan doesn't have much time to hit the gym with her busy schedule, but she still tries to get in her workout; and she is ALWAYS active.

Vanessa Morgan Workout Day One: Pull Day

Warm Up:

30 Min Elliptical

Workout:

EZ Bar or Dumbbell Deadlift

4×12

Cable Rows

3×12

Cable Pulldowns

3×12

Rear Delt Cable Flys

3×12

Dumbbell Curl Step Ups

3×12

3 Round Circuit:

20 Air Squats

15 V-Ups

10 Plank to Push Ups

5 Burpees

Vanessa Morgan Workout Day Two: Push Day

Warm Up:

30 Min Elliptical

Workout:

Arnold Press

4×12

Chest Press

3×12

Tricep Kickbacks

3×12

Chest Flyes

3×12

Dumbbell Shoulder Front Raises

3×12

3 Round Circuit:

20 Kettlebell Swings

15 One Arm Dumbbell Snatch

10 Air Squats

5 Hanging Leg Raises

Vanessa Morgan Workout Day Three: Leg Day

Warm Up:

30 Min Elliptical

Workout:

Back Squats

4×12

Hamstring Curls

3×12

Glute Bridges

3×12

Quad Extension

3×12

Weighted Lunges

3×12

3 Round Circuit:

20 Donkey Kicks

15 Mountain Climbers

10 Sit Ups

5 Burpees

Vanessa Morgan Workout: Bonus Activity

Like I said in the article, repeatedly: Vanessa Morgan is always moving.

She's always active and having fun.

Whether that's stand up paddle boarding, hiking, swimming, or some other form of activity (even if it's just out walking around the city with friends); she's moving.

You better do the same to keep up, because Morgan's ahead.