

NATALIA DYER WORKOUT ROUTINE



Bonus PDF File
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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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NATALIA DYER WORKOUT ROUTINE

Training Volume:

2-4 days a week + activity

Explanation:

I'm going to program you an upper body day and a lower body day. You can use these once or twice a week each, or simply stick to utilizing my activity suggestions that I also provide to get in shape like Natalia Dyer. Make sure to track your daily activity regardless of your bonus "good sweat" training.

This is a good beginner workout routine. "A good sweat" to Dyer may also mean things like yoga, Pilates, and more; which I'll include in the activity recommendations as well.

Natalia Dyer Workout: Upper Body Split

Warm Up:

15 min bike

Workout:

Seated Arnold Press

3×12

Pulldown Machine

3×12

Chest Press Machine

3×12

Tricep Cable Kickbacks

3×12

Standing EZ Bar Curls

3×12

Natalia Dyer Workout: Lower Body Split

Warm Up:

15 min bike

Workout:

Back Squat

3×12

Hamstring Kickbacks

3×12

Leg Extensions

3×12

Glute Bridges

3×12

Dumbbell Deadlifts

3×12

Natalia Dyer Workout: Recommended Activity Tracking and “Good Sweat” Having!

This section is more than likely what Natalia Dyer does more often than not.

First and foremost we'll start by tracking your daily activity.

Make sure you're getting at least 10,000 steps in every single day.

On top of that, here are some great ways to get active:

- Yoga Class (or videos on YouTube or inside [The Academy](#))
- Pilates Class
- Spin Class
- Hiking
- Sports (Tennis, Soccer, etc.)