

STARLIGHT 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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STARLIGHT WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

For this one we're going to be training four days per week. We'll have an upper and lower body split. You'll be doing two different variations of each, so the beginning of the week will be A Splits, and the latter half of the week will be B Splits. If you'd like to add in extra activity and cardio to burn the calories a little more and really slim down like Starlight and Erin Moriarty, that's more than okay. I'll list some extra activity suggestions at the end of our splits.

Starlight Workout Routine Schedule

Monday: Upper Body Split A

Tuesday: Lower Body Split A

Wednesday: Active Off Day or Cardio

Thursday: Upper Body Split B

Friday: Lower Body Split B

Saturday: Active Off Day or Cardio

Sunday: Active Off Day or Full Rest Day

Starlight Workout Day One: Upper Body Split

A

Warm Up:

30 minutes of varied cardio

Options: Treadmill, StairMaster, Rower, Elliptical

I like to do 10-15 minutes on 2-3 machines.

Workout:

Dumbbell Bench Press

3×10

Standing Arnold Press

3×10

Bent Over Rows

3×10

Lying Tricep Extension

3×10

Barbell Curls

3×10

Kettlebell Swings

3×10

Starlight Workout Day Two: Lower Body Split A

Warm Up:

30 minutes of varied cardio

Options: Treadmill, StairMaster, Rower, Elliptical

I like to do 10-15 minutes on 2-3 machines.

Workout:

Back Squats

3×10

Straight Leg Deadlift w/ Dumbbells

3×10

Bulgarian Split Squats w/ Dumbbells

3×10 each leg

Leg Extensions

3×10

Weighted Lunges

3×10 each leg

Hamstring Curls

3×10

Starlight Workout Day Three: Active Off Day or Cardio

Active Off Day means that you are resting your muscles, but you could get out there and stay active.

Some options include:

- Tracking your daily steps and making sure they surpass 10k
- Sports like tennis, basketball, soccer, etc.
- Hiking and/or biking trails

If you're looking to step it up and do cardio your options include (but aren't limited to):

- 3-5 mile jog
- 5-10 mile bike ride

Either way listen to your body and decide if some extra cardio is right for you, or some active resting.

Remember you can always keep it simple if you need and go for a quick 30 minute walk.

Starlight Workout Day Four: Upper Body Split B

Warm Up:

30 minutes of varied cardio

Options: Treadmill, StairMaster, Rower, Elliptical

I like to do 10-15 minutes on 2-3 machines.

Workout:

Dumbbell Seated Shoulder Press

3×10

Tricep Cable Pushdown w/ Rope

3×10

Cable Curls w/ EZ Bar

3×10

Dips

3×10

Push Ups

3×10

Chin Ups

3×10

Starlight Workout Day Five: Lower Body Split

B

Warm Up:

30 minutes of varied cardio

Options: Treadmill, StairMaster, Rower, Elliptical

I like to do 10-15 minutes on 2-3 machines.

Workout:

Barbell Deadlift

3×10

Leg Press

3×10

Cable Glute Kickbacks

3×10 each leg

Cable Pullthroughs

3×10

Glute Bridges

3×10

Leg/Quad Extensions

3×10

Starlight Workout Day Six: Active Off Day or Cardio

Active Off Day means that you are resting your muscles, but you could get out there and stay active.

Some options include:

- Tracking your daily steps and making sure they surpass 10k
- Sports like tennis, basketball, soccer, etc.
- Hiking and/or biking trails

If you're looking to step it up and do cardio your options include (but aren't limited to):

- 3-5 mile jog
- 5-10 mile bike ride

Either way listen to your body and decide if some extra cardio is right for you, or some active resting.

Remember you can always keep it simple if you need and go for a quick 30 minute walk.