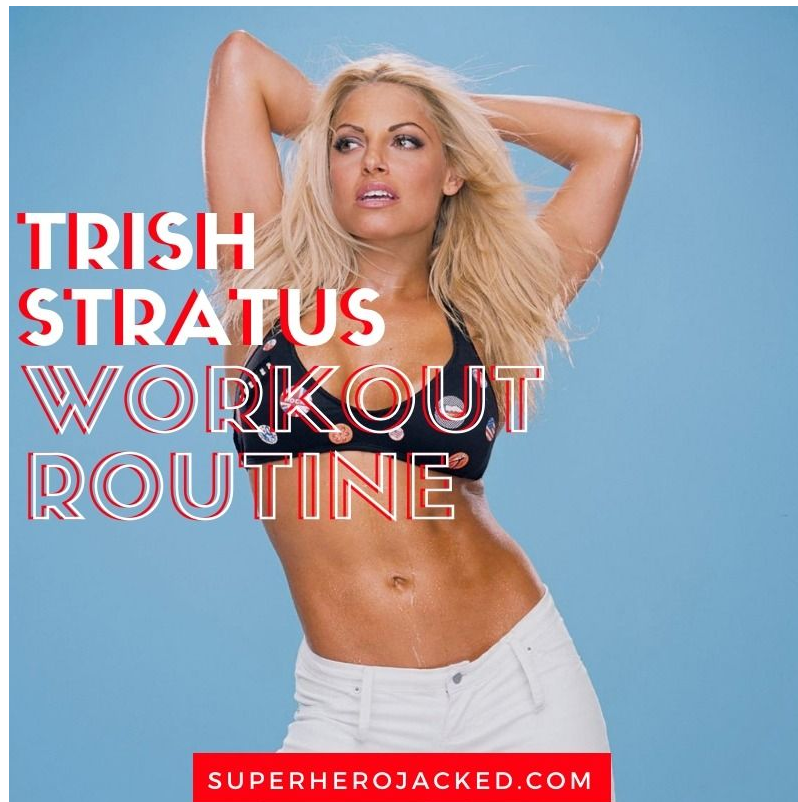


# TRISH STRATUS WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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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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# TRISH STRATUS WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

Trish Stratus is a big yogi and she also has her own form of yoga she likes to utilize, but for this one we're going to buff up and hit the weights like she did to get her physique and [performance](#). I'm going to be programming you a 5 day split revolving around all different body parts but also allowing us to include some of those explosive add-ons and some yoga as well!

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## Trish Stratus Workout: Sample Weekly Workout Schedule

**Monday:** Chest, Explosiveness & Endurance, and Yoga

**Tuesday:** Back, Explosiveness & Endurance, and Yoga

**Wednesday:** Shoulders, Explosiveness & Endurance, and Yoga

**Thursday:** Legs, Explosiveness & Endurance, and Yoga

**Friday:** Arms, Explosiveness & Endurance, and Yoga

**Saturday:** Yoga or Off Day

**Sunday:** Yoga or Off Day

## **Trish Stratus Workout: Chest, Explosiveness & Endurance, and Yoga**

### **Warm Up:**

5-10 Minute Warm Up Walk

### **Workout:**

Incline Dumbbell Press

4×10

Chest Flyes (Machine, Cable or Dumbbells)

4×10

Dumbbell Pullover

4×10

Dips

4×10

### **Explosiveness and Endurance**

4 Rounds for Time:

20 Push Ups

15 Standing Incline DB Flyes

10 Jump Squats

5 Burpees

**Yoga:**

Utilize any of these options:

- [Academy](#) Yoga Videos and Tutorials
- Local Classes
- Other YouTube Videos
- [Tutorial](#) for Statusphere Yoga

## **Trish Stratus Workout: Back, Explosiveness & Endurance, and Yoga**

**Warm Up:**

5-10 Minute Warm Up Walk

**Workout:**

Hex Bar Deadlifts

4×10

Bent Over Rows (DB or Barbell)

4x10

Pulldown Hammer Strength

4x10

Reverse Machine Flyes

4x10

### **Explosiveness and Endurance**

4 Rounds for Time:

20 Kettlebell Deadlifts

15 Box Jumps

10 Chin Ups

50 meter Farmer's Carry

### **Yoga:**

Utilize any of these options:

- [Academy](#) Yoga Videos and Tutorials
- Local Classes
- Other YouTube Videos
- [Tutorial](#) for Statusphere Yoga

# **Trish Stratus Workout: Shoulders, Explosiveness & Endurance, and Yoga**

## **Warm Up:**

5-10 Minute Warm Up Walk

## **Workout:**

Standing Overhead Press w/ Barbell

4×10

Seated Light Arnold Press

4×10

Seated Alternating Front Shoulder Raises w/ DB

4×10

Upright Rows w/ EZ Bar or Barbell

4×10

## **Explosiveness and Endurance**

4 Rounds for Time:

20 Kettlebell Swings

15 DB Thrusters

10 Cleans w/ DB or Bar

Battle Ropes Blowout (Til Failure)

### **Yoga:**

Utilize any of these options:

- [Academy](#) Yoga Videos and Tutorials
- Local Classes
- Other YouTube Videos
- [Tutorial](#) for Statusphere Yoga

## **Trish Stratus Workout: Legs, Explosiveness & Endurance, and Yoga**

### **Warm Up:**

5-10 Minute Warm Up Walk

### **Workout:**

Back Squat

4×10

Leg Press

4×10

Hamstring Kickbacks



4×10

Heavy Glute Bridges

4×10

### **Explosiveness and Endurance**

4 Rounds for Time:

20 KB Goblet Squats

15 Broad Jumps

10 Weighted Lunges (10 each leg)

50 meter Sled Pull

### **Yoga:**

Utilize any of these options:

- [Academy](#) Yoga Videos and Tutorials
- Local Classes
- Other YouTube Videos
- [Tutorial](#) for Statusphere Yoga

## **Trish Stratus Workout: Arms, Explosiveness & Endurance, and Yoga**

**Warm Up:**

5-10 Minute Warm Up Walk

**Workout:**

Preacher Curls

4x10

Tricep Cable Pushdowns (Heavy)

4x10

Cable Curls

4x10

Overhead Tricep Extension w/ Cable

4x10

**Explosiveness and Endurance**

4 Rounds for Time:

20 Step Up DB Curls

15 Weighted Box Jumps

10 Assisted Chin Ups

50 meter Sled Sprint

**Yoga:**

Utilize any of these options:

- [Academy](#) Yoga Videos and Tutorials
- Local Classes
- Other YouTube Videos
- [Tutorial](#) for Statusphere Yoga