

# REGINA KING WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# REGINA KING WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

I'm going to program you the four training days for the week, but they're based around upper and lower body training splits so you can just as easily train the 2 days during the week and then hit classes another two days and be transforming in no time!

## 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.

## Regina King Workout: Sample Weekly Workout Schedule

**Monday:** Upper Body Training A

**Tuesday:** Lower Body Training A

**Wednesday:** Hiking/Spin/Pilates/Kickboxing Class

**Thursday:** Upper Body Training B

**Friday:** Lower Body Training B

**Saturday:** Rest or Hike/Class

**Sunday:** Rest or Hike/Class

## **Regina King Workout: Upper Body Training A**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Incline Dumbbell Bench Press

4×12

Seated Arnold Press

4×12

Tricep Kickbacks (DB or Cable)

4×12 each arm

Upright Rows

4×12

### **Circuit:**

3 Rounds:

10 Dips

10 Light Overhead DB Press

10 Light Standing Incline DB Chest Flyes

10 Push Ups

## **Regina King Workout: Lower Body Training A**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Back Squat

4x12

Box Jumps

4x12

Hamstring Curls

4x12

Seated Calf Raises

4x12

### **Circuit:**

3 Rounds:

10 Mountain Climbers

10 Unweighted Glute Bridges

10 Donkey Kicks (Each Leg)

10 Jumping Lunges

## **Regina King Workout: Upper Body Training B**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Standing Barbell Overhead Press

4×12

Flat Hammer Strength Chest Press

4×12

Tricep Cable Pushdowns

4×12

Machine Chest Flyes

4×12

**Circuit:**

3 Rounds:

15 Kettlebell Swings

10 DB Single Arm Snatches (5 each arm)

10 Push Ups

5 Plank to Push Ups

**Regina King Workout: Lower Body Training B**

**Warm Up:**

10 Minute Incline Walk

**Workout:**

Leg Press

4x12

Bulgarian Split Squats

4x12

Quad [Leg] Extension Machine

4x12

Standing Calf Raises

4×12

**Circuit:**

3 Rounds:

15 KB Goblet Squats

10 Weighted Lunges

10 Cable Pullthroughs

10 Weighted Glute Bridges