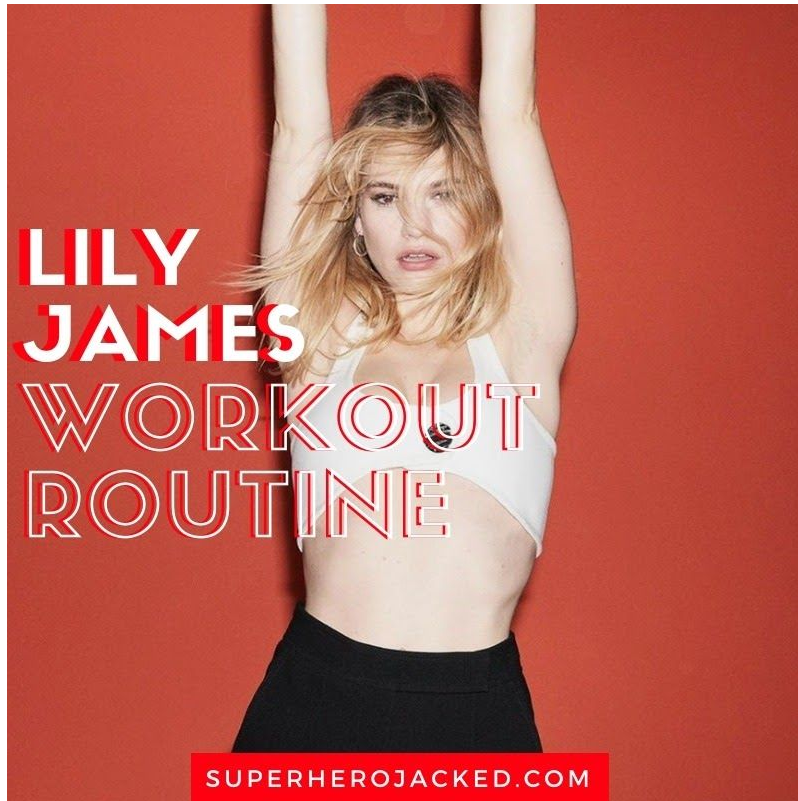


LILY JAMES

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

LILY JAMES WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Both James and Farmer talk about enjoying weights and building up to a split of more weights than cardio, so we're going to have 3 days of weight training and 2 days of cardio, with some light cardio built into our weight training days 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.

Lily James Workout: Sample Workout Schedule

Monday: Upper Body Weights and Light Cardio

Tuesday: Boxing, Run or Varied Cardio

Wednesday: Lower Body Weights and Light Cardio

Thursday: Boxing, Run or Varied Cardio

Friday: Upper/Lower Body Weights and Light Cardio

Saturday: Long Distance [Extra] Cardio or Rest

Sunday: Rest Day

Lily James Workout: Upper Body Weights and Light Cardio

You can do your light cardio work before or after your weight training. Base it around your personal preference.

Weights:

Incline Dumbbell Chest Press

3×10

Seated [Light] Arnold Press

3×10

Tricep Kickback (Cable or DB)

3×10 each arm

Cable Shoulder Front Raises

3×10

Assisted Dips

3×10

Quick Circuit:

3 Rounds for Time

20 Jumping Lunges

15 Plank to Push Ups

10 Burpees

Cardio Options:

- Jog 1 Mile
- 20 Minute Incline Walk
- 20 High Paced Elliptical

Lily James Workout: Boxing, Run or Varied Cardio

We have some mixed martial arts style workout routines you can utilize, but there are also a ton of other ways you can get your cardio on!

I'll share some sources and then you can decide how you're going to train for your cardio days.

Mixed Martial Arts Training:

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)
- [Anna Diop](#)
- [Frank Grillo](#)

- [Ryan Potter](#)

Other Cardio Day Options:

- Swimming
- Pilates
- Spin Class
- Yoga
- Hiking
- Sports

Running Options:

- Beginner: 1-3 mile run
- Intermediate: 3-5 mile run
- Advanced: 5+ mile run

Lily James Workout: Lower Body Weights and Light Cardio

You can do your light cardio work before or after your weight training. Base it around your personal preference.

Weights:

Back Squats

3×10

Glute Bridges

3×10

Hamstring Kickbacks

3×10 each leg

Quad/Leg Extensions

3×10

Cable Pullthroughs

3×10

Quick Circuit:

3 Rounds for Time

20 Knee Push Ups

15 Lying Leg Raises

10 Russian Twists

Cardio Options:

- Jog 1 Mile
- 20 Minute Incline Walk
- 20 High Paced Elliptical

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Other Cardio Day Options:

- Swimming
- Pilates
- Spin Class
- Yoga
- Hiking
- Sports

Running Options:

- Beginner: 1-3 mile run
- Intermediate: 3-5 mile run
- Advanced: 5+ mile run

Lily James Workout: Upper/Lower Body Weights and Light Cardio

You can do your light cardio work before or after your weight training. Base it around your personal preference.

Weights:

Romanian Deadlift w/ DBs

3×10

Close Grip Cable Rows

3×10

Wide Grip Lateral Pulldowns

3×10

Straight Leg Deadlifts with Kettlebell

3×10

Assisted Chin Ups

3×10

Quick Circuit:

3 Rounds for Time

20 Hanging Knee Raises w. Twist

15 Cable Crunches

10 Single Arm Snatches (DB, 5 each arm)

Cardio Options:

- Jog 1 Mile
- 20 Minute Incline Walk
- 20 High Paced Elliptical