

RACHEL BROSNAHAN WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

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.

THE RACHEL BROSNAHAN WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Obviously Brosnahan clearly stated that it's really hard for her to workout with her crazy schedule right now. But, I'm also factoring in the part that she works 12+ hour days while shooting for not only Mrs. Maisel, but her other roles, and travel as well. For that reason I'm going to say that you hit Spin, Yoga or Pilates 2-3 days a week, and cardio and some "fitness snacks" (which I'll share from Kristen Bell and David Beckham's workouts) 2-3 days a week as well; on top of also tracking your steps.

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.

Rachel Brosnahan Workout: Sample Workout Routine

Schedule

Monday: Spin, Yoga or Pilates Class and Steps

Tuesday: Cardio, Fitness Snack and Steps

Wednesday: Spin, Yoga or Pilates Class

Thursday: Cardio, Fitness Snack and Steps

Friday: Spin, Yoga or Pilates Class

Saturday: Rest Day or One of The Other Options (if not completed 5 days already)

Sunday: Rest and/or Steps

Rachel Brosnahan Workout: Spin, Yoga, Pilates and Steps

This one is pretty self explanatory.

On these days you're going to jump into a group class workout and burn some calories and have some fun!

It doesn't have to specifically be these classes (although they're definitely the ones I recommend most), but if your gym is having some classes, go in and get it in!

The second part of this training day is to mimic Brosnahan's movement/steps throughout the day.

For that you'll be required to track yours.

If you take the class: Track 5,000+ Steps for the day.

If you miss the class: Track 10,000+ Steps for the day.

Rachel Brosnahan Workout: Cardio, Fitness Snack(s) and Steps

We've seen some fitness snacks from [David Beckham's workout](#) and even recently from [Kristen Bell's](#) workout as well; although she refers to them as "microbursts".

For that reason I'll be sharing some with you that you can do throughout the day, as well as giving you your daily step tracking information.

The main cardio is going to be a jog based on your fitness level, which should only take 10-30 minutes based on how much time you have; and, obviously, your fitness level:

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

Fitness Snack Options:

Longer Calisthenics Circuit

Complete at your own speed.

Three Rounds for Time:

Round One:

21 Burpees

21 Second Wall Sit

21 Mountain Climbers

21 Second Forearm Plank

21 Inch Worms

Round Two:

15 Burpees

15 Second Wall Sit

15 Mountain Climbers

15 Second Forearm Plank

15 Inch Worms

Round Three:

9 Burpees

9 Second Wall Sit

9 Mountain Climbers

9 Second Forearm Plank

9 Inch Worms

Shorter Options:

10 Minutes or Less Workouts:

- [Plank and Jump](#)
- [Climbing to a Tight Core](#)
- [Battle Ropes](#)
- [Death by Burpees](#)
- [30 Second Bodyweight Circuit](#)

- [Burpee Circuit 2](#)
- [Sprints and Bodyweight](#)
- [The Heavybag Routine](#)

Feel free to also jump over to [Kristen Bell's workout](#) for a second variation of the longer circuit and [David Beckham's](#) for some extra options as well!

Step Tracking:

If you completed your run and microburst: 2,500 Steps for the day

If you missed one activity above: 5,000 Steps for the day

If you missed two activities above: 10,000 Steps for the day