

MIRANDA KERR 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.

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MIRANDA KERR WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one I've went ahead and set up a sample schedule that works well with this routine. You can choose to switch around some of the things I paired, but it will still keep your regime around 5-6 days of training consisting of circuits, yoga, and other things.

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.

Miranda Kerr Workout: Sample Workout Routine Schedule

Monday: Yoga, Weight Training and Butt Circuit

Tuesday: Yoga, Pilates and Cardio Circuit

Wednesday: Run/Walk, Spin, or Dance

Thursday: Yoga, Weight Training and Arms Circuit

Friday: Yoga, Pilates and Core Circuit

Saturday: Rest Day and Meditation/Yoga

Sunday: Rest Day and Meditation/Yoga

Miranda Kerr Workout: Yoga, Weight Training and Butt Circuit

Yoga:

Complete 30-60 minutes of Yoga each day.

In our [Academy](#) we have our Jedi Path that utilizes Yoga and Meditation, along with multiple Yoga videos that would be helpful for this section of your workout.

Your other option is to hop over to YouTube and choose from the many great choices there.

And, if not obvious, quite possibly the best option would be to jump into a local class setting.

Weight/Resistance Training:

Resistance Band Thrusters

3×10

Alternating Resistance Band Bicep Curls

3×10 each arm

Forearm Planks

3×60 seconds

Resistance Band Kickbacks

3×10 each arm

Train like an Angel Butt Circuit:

Do 12-15 reps, for each leg, exercise. Go slow, and feel the burn as you go.

Miranda Kerr uses ankle weights to amplify her workout. Ankle weights will add difficulty, but more quickly tone your legs and butt.

- Side leg extensions
- Middle leg extensions
- Angle leg extensions
- Back stretches
- Side leg press-ups
- Middle leg press-ups
- Angle leg press-ups
- Side leg lifts
- Knee leg lifts (push from your glutes)
- Knee stretches
- Clams Pilates exercise
- Leg circles (10 in one direction, 10 in the other)
- Cross-over stretches

Miranda Kerr Workout: Yoga, Pilates and Cardio Circuit

Yoga:

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Pilates Training:

Similar to the Yoga suggestion, I would hop over to YouTube and find a nice Pilates workout to jump into as well.

The alternative, again, if it isn't obvious, would be to jump into a local Pilates or even Spin Class (although that might be best on your next Pilates day considering today is cardio circuit)!

Here are some other great alternatives from the site:

We also have a handful of workouts you can throw into your training for quick "snacks" like we've seen in the [David Beckham Workout](#).

10 Minute 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](#)

Other Alternatives (Swimming and Parkour)

- Parkour Workout: [Nightrunner Workout Routine](#)
- Swimming Workout: [Speedo Beginner Training](#)

Train like an Angel Cardio Circuit:

- Warm-up: 5 minutes of spinning/bicycle machine
- 25 minutes spinning cardio
- 2-3 minute warm-down
- Stretch

Miranda Kerr Workout: Run/Walk, Spin or Dance

For this one I suggest getting outside and running (or hopping on a treadmill).

Your alternatives could come from the ones I already named, or even some other form of activity such as:

- Hiking
- Tennis, Basketball, other sports, etc.
- Bike Ride
- Dance Class

And obviously, many more options as well.

Miranda Kerr Workout: Yoga, Weight Training and Arms Circuit

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Weight/Resistance Training:

Machine/Cable Pulldowns

3×10

Leg Press

3×10

Side Planks

3×30 seconds each side

Resistance Band Rows

3×10 each arm

Train like an Angel Arms Circuit:

The Runway Arms Circuit uses resistance bands.

You need to add some resistance to your arm workouts in order to tone your arms. Resistance bands emphasize three planes of motion: front, side, and angle. This is to tone the front, back, and sides of your arms.

D 12-15 reps for each exercise. Go slow, and feel the burn as you go for that 15th rep.

- Slight Incline bicep curls
- Tricep extensions
- Straight bicep curls
- Decline bicep curls
- Stretch (3-5 mins)
- Wood Choppers

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Train like an Angel Core Circuit:

For the core workout, do 12-15 reps per exercise:

- Side Stretches
- Knee Crosses
- Elbow Planks

- Inner Thigh Raises
- Oblique V-Ups