

# SIMONE BILES WORKOUT ROUTINE



Bonus PDF File  
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# SIMONE BILES WORKOUT ROUTINE

## Training Volume:

5+ days a week 2 times a day

## Explanation:

As you saw in Simone Biles daily schedule: she trains twice a day! To make up for that kind of training we'll be starting our day endurance work and then ending with calisthenics, holds and circuit style training.

## Explanation Part Two:

We're doing this workout during a phase of training style that we are trying to stick to calisthenics and home-based training while everyone is stuck at home. Biles mentions other strength training within her routine as well. I suggest using [The Workout Database](#) which has 500+ workouts to fit in if you'd like to add weights to this training regime.

## 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.

## Simone Biles Workout: Sample Workout Routine Schedule

**Monday:** Morning Endurance Work and Afternoon Calisthenics and Holds

**Tuesday:** Morning Endurance Work and Afternoon Circuit Training

**Wednesday:** Morning Endurance Work and Afternoon Calisthenics and Holds

**Thursday:** Morning Endurance Work and Afternoon Circuit Training

**Friday:** Morning Endurance Work and Afternoon Calisthenics and Holds

**Saturday:** Rest Day

**Sunday:** Rest Day

## **Simone Biles Workout: Morning Endurance Work and Afternoon Calisthenics and Holds**

**Morning Endurance Variations (choose one):**

Run 3.1 Miles

Bike 15 Miles

Row 1.5 Miles

**Afternoon Calisthenics and Holds:**

Push Ups

4x25

Air Squats

4x20

Dips

4×15

Chin Ups

4×10

Lunges

4×10 each leg

**Holds:**

Hollow Hold

3×30 seconds

Plank Hold

3×60 seconds

Side Plank

3×30 seconds each side

L-Sit Hold

3×30 seconds

**Simone Biles Workout: Morning Endurance Work and  
Afternoon Circuit Training**

## **Morning Endurance Training:**

*High Intensity Interval Training 20-30 Minutes*

Options:

Bike/Run/Row

One Minute On: High Intervals (Sprint/High RPMS/Etc)

One Minute Off: Slow and Steady Cooldown

Rinse and Repeat

## **Circuit Training:**

I'm going to give you a sample circuit to build on, but this should vary by using different circuit workouts from our Workout Database that are within other programs.

5 Rounds:

70 Double Unders

60 Mountain Climbers

50 Push Ups

40 Chin Ups

30 Burpees

20 Wall Balls

10 Pistol Squats [each leg]