

# **SIMONE BILES**

## **WORKOUT ROUTINE**



[SUPERHEROJACKED.COM](http://SUPERHEROJACKED.COM)



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.

# **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

4x15

Chin Ups

4x10

Lunges

4x10 each leg

**Holds:**

Hollow Hold

3x30 seconds

Plank Hold

3x60 seconds

Side Plank

3x30 seconds each side

L-Sit Hold

3x30 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]