

SARAH HYLAND WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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SARAH HYLAND WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

Hyland focuses on strength training with one hour sessions five to six days a week and she says she focuses on different body parts and in between each one she'll do one to two minutes of cardio. We'll be building a couple days worth of training similar to this, and then we'll also supplement some alternative training methods and options.

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.

Sarah Hyland Workout: Sample Workout Routine Schedule

Monday: Full Body Training and Cardio Day A

Tuesday: Full Body Training and Cardio Day B

Wednesday: Optional Off Day, Full Body Training or Other Activity

Thursday: Full Body Training and Cardio Day B

Friday: Full Body Training and Cardio Day A

Saturday: Optional Off Day, Full Body Training or Other Activity

Sunday: Mandatory Rest Day

Sarah Hyland Workout: Full Body Training and Cardio Day A

Warm Up:

10 Minute Incline Walk

Foam Roll

Workout:

Triset One: Chest and Triceps

A. Push Ups

3×10

B. Cable Chest Flyes

3×10

C. Tricep Cable Kickbacks

3×10 each arm

Cardio:

1-2 Minutes of Jump Rope

Triset Two: Glutes

A. Glute Bridges

3×10

B. Weighted Step Ups

3×10 each leg

C. Donkey Kicks

3×10 each leg

Cardio:

1-2 Minutes of Jump Rope

Triset Three: Core

A. Lying Leg Raises with Hip Thrust

3×20

B. Flutter Kicks

3×20

C. Plank to Push Ups

3×10

Cardio:

1-2 Minutes of Jump Rope

Triset Four: Back

A. Dumbbell Deadlifts

3×10

B. Dumbbell Bent Over Rows

3×10

C. Wide Push Ups

3×10

Cardio:

1-2 Minutes of Jump Rope

Triset Five: Shoulders

A. Kettlebell Swings

3×10

B. Kettlebell Upright Rows

3×10

C. Dumbbell Front Raises

3×10

Sarah Hyland Workout: Full Body Training and Cardio Day B

Warm Up:

10 Minute Incline Walk

Foam Roll

Workout:

Triset One: Chest and Triceps

A. Incline DB Bench Press

3×10

B. Incline Hammer Press

3×10

C. Incline DB Chest Flyes

3×10

Cardio:

1-2 Minutes of Row or Run

Triset Two: Glutes

A. Goblet Squats

3×10

B. Goblet Lunges

3×10 each leg

C. Box Jumps

3×20

Cardio:

1-2 Minutes of Row or Run

Triset Three: Core

A. Hanging Leg Raises

3×20

B. Sit Ups

3×20

C. Hollow Hold

3×30 Seconds

Cardio:

1-2 Minutes of Row or Run

Triset Four: Back

A. Lateral Pulldowns

3×10

B. Single Arm DB Rows

3×10

C. Regular Push Ups

3×10

Cardio:

1-2 Minutes of Row or Run

Triset Five: Shoulders

A. Sumo Deadlift Highpulls w/ KB

3×10

B. Kettlebell Swings

3×10

C. Burpees

3×5

Sarah Hyland Workout: Alternative Training and Activity

AS I MENTIONED IN THE ARTICLE: SARAH HYLAND'S WORKOUT ROUTINE SEEMS TO BE EXTREMELY VARIABLE AND EVER-CHANGING TO KEEP IT FUN AND EFFECTIVE.

For that reason I want to give you some other training options that'll help you switch it up, burn fat, tack on muscle and tone, and get you closer to unlocking your Superhero Physique!

ALTERNATIVE CELEBRITY WORKOUT ROUTINES:

As I mentioned in the workout routine research: there are quite a few awesome routines from other celebrities that will get you into a Chase Stokes physique.

Here's a list of awesome alternative workout routines to consider if you're looking to get slim and toned:

- [Maggie Q Workout Routine](#)
- [Emma Watson Workout Routine](#)
- [Kristen Bell Workout Routine](#)
- [Gigi Hadid Workout Routine](#)

And, you can even check out [The Ultimate Calisthenics Workout & Guide](#) as well.

ALTERNATIVE ACTIVITY:

You have a lot of options for this one, but I'll link to some resources we have on the site for a handful.

Go-To Activity Seen By Other Female Celebrities:

- Hiking and Tracking Daily Steps (Usually shooting for 10k+)
- SPIN Class
- Yoga Class
- Pilates
- Dance Fitness
- Boxing/MMA Fitness
 - Check out the resources below or Gigi Hadid's workout for boxing/mma style training.
- Other Quick "Fitness Snacks"

- Check out Kristen Bell's workout for quick workouts to add to your training.