

# KATHERINE MCNAMARA WORKOUT ROUTINE



Bonus PDF File  
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# KATHERINE MCNAMARA WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

Katherine McNamara works with her trainer (or trains with classes and other programming) upwards of 6 days per week. For that reason I'm going to be sharing a slew of programming and resources to build out her 5-6 days of programming per week, including action taken directly from her own Instagram and workouts shared by her trainer(s).

## Explanation Part Two:

Obviously McNamara's training is extremely diversified and likely changes constantly (it stays the same as far as the type of training, but it varies in the actual programming that is utilized, as cross-training tends to do); so if you're looking for ongoing programming most similar to her style of training it would easily be duplicated with our [SHJ Legacy Program](#).

## 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.

## Katherine McNamara Workout: Sample Workout Routine Schedule

**Monday:** Sprints, Weights and Cross-Training

**Tuesday:** SPIN Class, High Intensity Interval Training and/or Mixed Martial Arts

**Wednesday:** Sprints, Weights and Cross-Training

**Thursday:** SPIN Class, High Intensity Interval Training and/or Mixed Martial Arts

**Friday:** Sprints, Weights and Cross-Training

**Saturday:** Endurance Training (Long Distance Steady Cardio) or Extra Rest Day

**Sunday:** Rest Day

## **Katherine McNamara Workout: Sprints, Weights and Cross-Training**

For this section I'm going to be sharing a few different things.

I'm going to share three different workout routines that you can utilize over and over that fall into the cross-training category and mix in weights, calisthenics and all the things McNamara would utilize; and then I'll also share a workout straight from an at-home IGTV Live video she shared.

On top of that if you scroll down you're also getting MMA resources as well as MMA moves shared directly from her trainer; all of which can be added in on cross-training days, or in place of SPIN or HIIT.

### **Sprints, Weights and Cross-Training Variation A:**

#### **Sprints:**

*10 Sets of On and Off Sprints*

Sprint One Minute, Rest 30 Seconds and then Repeat for 10 total Sets

#### **Weight Training:**

Deadlifts

4×12,10,8,6

**Cross-Training:**

*Complete 3 Rounds for Time*

30M Sled Push

25 Push Ups

20 Air Squats

15 Lying Flutter Kicks

10 Jumping Lunges

5 Burpees

**Sprints, Weights and Cross-Training Variation B:****Sprints:**

*10 Sets of On and Off Sprints*

Sprint One Minute, Rest 30 Seconds and then Repeat for 10 total Sets

**Weight Training:**

Squats

4×12,10,8,6

**Cross-Training:**

Complete 4 Rounds with Descending Rep Total (Round 1 is 40 reps, Round 2 is 30 Reps, Round 3 is 20 Reps and Round 4 is 10 Reps each movement)

Movements:

Kettlebell Swings

Box Jumps

## **Sprints, Weights and Cross-Training Variation C:**

### **Sprints:**

*10 Sets of On and Off Sprints*

Sprint One Minute, Rest 30 Seconds and then Repeat for 10 total Sets

### **Weight Training:**

Shoulder Presses

4×12,10,8,6

### **Cross-Training:**

*Complete One Round (Chip Away At It, Break When Needed)*

80 Dumbbell Deadlifts

70 Push Ups

60 Single Arm DB Snatches

50 Pistol Squats

40 KB Swings

30 Double Unders

20 Chin Ups

10 Burpees

## **McNamara's IGTV Workout Routine:**

### **Warm Up:**

Run in place for 30 Seconds

High Knees for 15 Seconds

### **Workout:**

Hollow Hold for 20 Seconds

Superman Hold for 20 Seconds

Glute Bridges for 25 Seconds

Kneel to Squat x 10 Reps each leg (Step with one then the other)

Single Leg Glute Bridges x 10 each leg

Weighted Thrusters x 15

Squat Rows with Resistance Bands x 15

Planking Shoulder Taps x 10 each arm/shoulder

Side Planks x 30 seconds

Sliding Lateral Lunges x 10 each leg

Bent Over DB Rows x 15 each arm

Hammer Curls x 15 each arm

Resistance Band Rows x 10 each arm

Shoulder Presses x 10

## **Katherine McNamara Workout: Mixed Martial Arts Movements and Resources**

First off we have the 3 “kickass” movements McNamara’s trainer shared with [Shape.com](https://www.shape.com).

From there I’ll also share a ton of other mixed martial arts workout routines you can utilize if you plan on adding in some MMA to your training regime.

### **Shape Mag and McNamara’s “Kickass” MMA Movements:**

#### **1. Jab, Cross, Duck**

**A.** Start in a ready stance, left foot slightly in front, knees bent, and fists guarding face with elbows in.

**B.** Punch left hand forward at face-height, then snap it back and punch right hand forward at face height, pivoting hips and back knee to the front.

**C.** Snap right hand back and return to ready position, then bend knees to duck down and to the left.

#### **2. Spinning Hook Kick**

**A.** Start in a ready stance, left foot slightly in front, knees bent, and fists guarding face with elbows in.

**B.** Shift weight forward onto the left foot and start spinning backward over the left shoulder. Drag right foot backward, extending out to kick, reaching peak height when your body faces all the way to the left.

**C.** Bend right knee and continue spinning to lower right foot and land softly back in starting position.

#### **3. Duck, Block, Elbow**

- A. Start in a ready stance, left foot slightly in front, knees bent, and fists guarding face with elbows in.
- B. Bend knees to duck down and to the left, as if ducking under a punch.
- C. Stand and extend left arm up with elbow slightly bent, as if blocking a punch from the front left side.
- D. Holding left arm in the block, forcefully drive right elbow up, pivoting hips and back knee forward.

### **Mixed Martial Arts Workouts and Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

## **Katherine McNamara Workout: High Intensity Interval Training**

If you're not going to be hitting a SPIN Class or taking advantage of some other HIIT workout you've likely found on the site, I wanted to at the very least share one of my favorite Jump Rope HIIT workouts for you to utilize!

### **Jump Rope HIIT:**

#### **Complete 5 Rounds**

- 30 Jump Ropes
- 20 Air Squats
- 30 Jump Ropes
- 20 Plank Shoulder Taps
- 30 Jump Ropes
- 20 Plank to Push Ups

- 30 Jump Ropes
- 20 Sit Ups