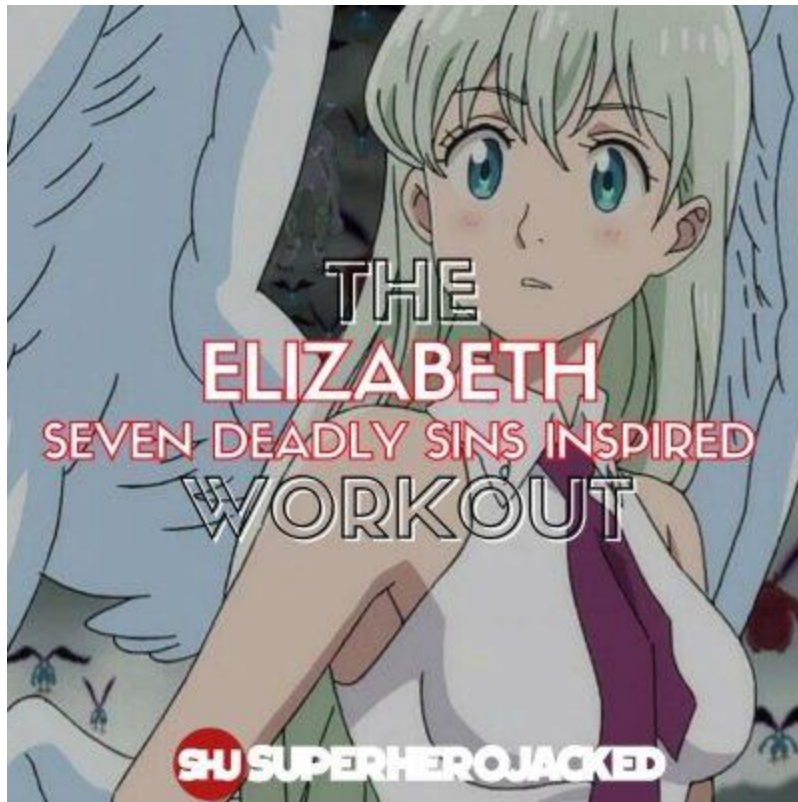


ELIZABETH WORKOUT ROUTINE



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 ensure 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.

ELIZABETH WORKOUT ROUTINE

Training Volume:

3-5 days a week

Explanation:

We're going to be working around basic calisthenics and cardio 3 days a week but I'll also provide some resources for you to tack on an extra two days a week if you'd like to step it up a notch! You know, speed up the process to unlock your inner Goddess Elizabeth.

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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Elizabeth Workout Routine: Sample Schedule

Monday: Goddess Elizabeth Basic Calisthenics A

Tuesday: Princess Endurance, HIIT or Optional Additional Training Day

Wednesday: Goddess Elizabeth Basic Calisthenics B

Thursday: Princess Endurance, HIIT or Optional Additional Training Day

Friday: Goddess Elizabeth Basic Calisthenics C

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Elizabeth Workout Routine: Goddess Elizabeth Basic Calisthenics A

Warm Up:

5-10 Minute Walk

Workout:

Glute Bridges

3×25

Hollow Hold

3×20 seconds

Pike Push Ups

3×15

Reverse Leg Raises

3×20

Push Ups (or Pause Push Ups)

3×20

Cardio:

15-45 Minutes of Varied Cardio

- Treadmill Walk/Run
- Row
- Elliptical
- Swim
- Bike

Elizabeth Workout Routine: Goddess Elizabeth Basic Calisthenics B

Warm Up:

5-10 Minute Walk

Workout:

Air Squats

3×25

Superman Hold

3×20 seconds

Wall Climbs

3×10

Hanging Side Crunches

3×20

Push Ups (or Pause Push Ups)

3×20

Cardio:

15-45 Minutes of Varied Cardio

- Treadmill Walk/Run
- Row
- Elliptical
- Swim
- Bike

Elizabeth Workout Routine: Goddess Elizabeth Basic Calisthenics C

Warm Up:

5-10 Minute Walk

Workout:

Pistol Squat (or Assisted)

3×25

L-Sit Hold

3×20 seconds

Assisted Pull Ups

3×10

Sit Ups

3×20

Push Ups (or Pause Push Ups)

3×20

Cardio:

15-45 Minutes of Varied Cardio

- Treadmill Walk/Run
- Row
- Elliptical
- Swim
- Bike

Elizabeth Workout Routine: Optional Additional Training Resources

Endurance Work Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)

- [How To Continue Training After Your First 5K \(Workout Included\)](#)

HIIT Training Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)