



Jessica Biel Workout Routine

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Day 1: Circuit #1					
(3 sets of each – 30s for each exercise)					
Mini-Band Lateral Walks					
Sumo Squat Jump with Medicine Ball					
PB Planks (Push up position-elbows bent)					
Circuit #2					
3x10 Front Squats					
3x15 Reverse Crunch (on incline bench)					
3x10 Kneeling Cable Chop					
Circuit #3					
Five 50 yard resisted runs with 30 second rest periods to keep the heart rate up					
Circuit #4					
Manual Stretching					
Day 2: Track Day					
Usually sprints ranging from 200m at 75% to 100m at 100%. Do 6-8 sets depending on how you're feeling from the day before.					
Try adding in some hops up stairs (single and double leg) and give yourself time to recover to 120 BPM (beats per minute) to get better output during each rep.					
Day 3: Regeneration					
Get a foam roll and use it to stretch out your muscles in every direction.					
Day 4: Circuit #1					
(3 sets of each — 30s for each exercise)					
Mini Band Lateral Walks					
Linear Bounds					
Side Bridge					

Circuit #2					
3x10 Single Leg Squat (hold medicine ball)					
3x10 Single Leg Romanian Dead Lift					
3x15 Decline stick roll ups					
Circuit #3					
2x8 quadrupled opposites					
2x6 chin ups					
Circuit #4					
2x 300 yard shuttle runs					
Day 5:					
One hour of hitting and kicking combos. Do 3 minute rounds with one minute rest periods					
Day 6: Recreational Sports					
50-100 yard sprints with HR down to 120 BPM between circuits					

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)



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