

ROBIN WRIGHT

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Robin Wright

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to program you 3 days of Wonder Woman / Toning styled workouts, but the other two days will revolve around how Robin Wright stays fit year round...aka running!

Day One: WW Toning

Warm Up:

Stretch

Jog 800m

Workout:

Annie:

50-40-30-20 and 10 rep rounds of:

Double-unders

Sit-ups

Cooldown:

15-30 min of foam rolling and yoga

Day Two: Wright Run

It's time to run like Robin Wright!

Wright loves utilizing running in her programming, so you have to get out there and be like her!

Walk a few miles if you're just starting, but get out there and run more than 3-5 for those of you who aren't beginners!

Day Three: WW Toning

Warm Up:

Stretch

Jog 800m

Workout:

Filthy Fifty:

For time:

50 Box jumps (24")

50 Jumping pull ups

50 Kettlebell swings (1 pood)

50 Walking lunges

50 Knees-to-elbows

50 Push press (45#)

50 Back extensions

50 Wall balls (20#)

50 Burpees

50 Double-unders

Cooldown:

15-30 min of foam rolling and yoga

Day Four: Wright Run

It's time to run like Robin Wright!

Wright loves utilizing running in her programming, so you have to get out there and be like her!

Walk a few miles if you're just starting, but get out there and run more than 3-5 for those of you who aren't beginners!

Day Five: WW Toning

Warm Up:

Stretch

Workout:

Murph: (as done by Chris Pratt on Instagram as well)!

For time:

1 mile run
100 Pull ups
200 Push ups
300 Squats
1 mile run

Cooldown:

15-30 min of foam rolling and yoga