

# CHARLIZE THERON

# WORKOUT ROUTINE



## BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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# Charlize Theron

## Workout Routine:

### Training Volume:

4+ days per week

### Explanation:

Theron works out four or more days a week. All of the programs below will be in the style of her training, and it's your job to choose which one you'll be using on a given day.

## Day One: Personal Trainer Training from Shape.com

Here's what Shape.com gives us:

**You'll Need:** 3 and 5 lb. dumbbells, exercise mat, bench, 18 lb. exercise ball, tricep pushdown machine.

### **Pliés in Second Position:**

Begin with your legs and arms in second position, and lower your body as you do for a grand plié in first position. As you do, be especially careful to keep your upper body aligned, without sticking out your rear end. At the bottom of the motion, make sure that your hips never go lower than your knees.

Complete 1 set of 35-50 plies.

### **Seated Bicep Curls:**

Sit with your back against a backrest so that your head, shoulders and butt make contact with the bench and your feet firmly on the floor. Grasp a dumbbell in each hand with thumbs wrapped around the handles and put your arms at your sides. Pull the shoulder blades down and back.

Exhale and slowly bend your elbows bringing the dumbbells toward your shoulders. Do not allow your back to arch or your elbows to move forward. Keep the wrists in line with your forearms (neutral). Do not allow the wrists to bend throughout the exercise. Your head, shoulders and butt should stay in contact with the bench. Keep your feet firmly on the floor. Do not allow your shoulders to shrug.

Inhale and straighten your elbows and lower the dumbbells back to your start position in a slow and controlled manner.

Complete 1 set of 60 reps with 5 lb. dumbbells.

### **Side Laterals:**

Grab your dumbbells and stand with a straight torso and the dumbbells by your side at arm's length with the palms of the hand facing you. This will be your starting position. While maintaining the torso in a stationary position (no swinging), lift the dumbbells to your side with a slight bend in the elbow and the hands slightly tilted forward. Continue to go up until your arms are parallel to the floor. Exhale as you execute this movement and pause for a second at the top. Lower the dumbbells back down slowly to the starting position as you inhale and repeat.

Complete 1 set of 35 reps with 3 lb. dumbbells.

### **Butt-Lifts:**

Lie down on your back and place your feet hip-distance apart with knees bent. Place your arms beside your hips with your palms down. Inhale and as you exhale, tilt your pelvis and squeeze your glutes as you slowly lift your hips up as high as they will go.

At the peak of the contraction you will be resting on your shoulder blades only with your body in a straight line from your knees to your head. Lower and raise your buttocks about eight inches and repeat.

Complete 1 set of 75 reps.

### **Bicycle Crunches:**

Lie flat on the floor with your lower back pressed to the ground and contract your core muscles. With your hands gently holding your head, lift your knees to about a 45-degree angle. Slowly, at first, go through a bicycle pedal motion, alternately touching your elbows to the opposite knees as you twist back and forth. Breathe evenly throughout the exercise.

Complete 1 set of 60 reps.

### **Modified Plank:**

Place your body face down on your hands as if you're about to do a push-up. Contract the abs as tight as you can, keep the body in a straight line from head to toes and hold in this position.

Hold for a minimum of 60 seconds.

### **Bench Press with 18 lb. Exercise Ball:**

When you perform a bench press on a ball, try to keep your body as straight as possible from your shoulders to your knees. Keep your head and shoulders on the ball and your feet flat on the ground. Start with weight at chest level and press towards the ceiling until your arms are straight.

Complete 1 set of 60 reps.

### **Tricep Pushdowns:**

Face the tricep pushdown machine and grasp the horizontal cable bar with an overhand grip. The bar should be at about chest level. Tuck the elbows into the sides and position the feet comfortably, slightly apart. Brace the abdominals. Push down on the handle bar until elbows are fully extended yet without snapping the elbows straight and by keeping the elbows close to the body on the way down.

Bend the knees slightly on the pushdown but stay as upright as possible with back straight. Don't recruit the back and shoulder muscles by bending too far forward. Allow the bar to return to the starting point under control, and try not to clash the weights.

Complete 35 reps with 20 lbs., using a narrow grip.

## **Day Two: Fight Training**

You can mix this up yourself, or you can take advantage of Coach Derek in [The Academy](#).

Shadow boxing, bag work, core, and all things MMA training (including outside classes) are awesome!

## Day Three: Power Yoga and Spin

This is another day you'll have to implement on your own, likely going to a class – unless of course you're ready to join us in [The Academy](#) and take advantage of Sam's videos.