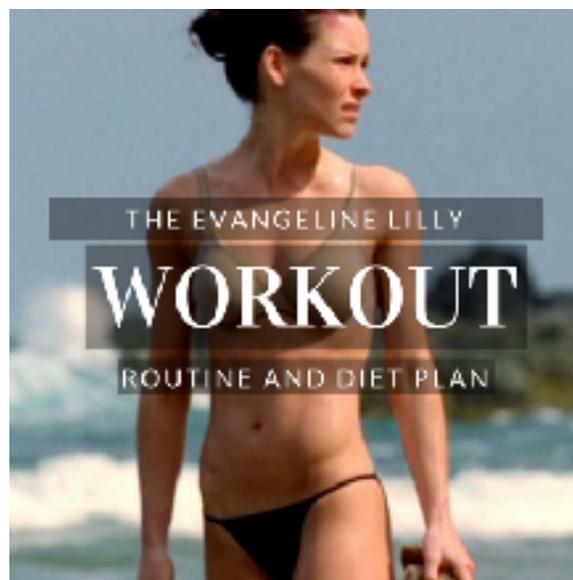


# EVANGELINE LILLY

# WORKOUT ROUTINE



## BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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# Evangeline Lilly Workout Routine

## **Training Volume:**

3-5 days per week

## **Explanation:**

Evangeline Lilly takes a different approach to training. She incorporates activities such as calisthenics, walks, swimming, and yoga in order to stay flexible and lean.

## Activity Days aka Cagers: 2-3 days per week

This is where you get out there and walk, swim, do some pilates, cycle, or just have a good ol' fashion Cager as Chef Dave would call it.

Whether that means you're utilizing the new Bonus Jedi Path in **The Academy**, one of the other Paths, or even just playing sports with friends and family: just get out there and do it!

# Calisthenics / Yoga Styled Movements: 2-3 days per week

Utilize the movements from Evangeline Lilly's trainer that he shared with Women's Health below:

## EXERCISE 1: FORWARD LUNGE



Stand with your feet together, hands on your hips, and abs engaged (A). Step forward with your right leg into a lunge, slowly transferring your body weight onto your right (or front) foot. Focus on dropping your hips toward the ground rather than driving your hips forward. With your back straight, continue lowering your body to a comfortable position—or, ideally, until your front thigh is

parallel to the ground (B). Firmly push off with your front leg to return to start. Switch legs and repeat. *8-12 repetitions per leg*

### **Make it harder**

While lunging, bend forward at your hips, keeping your back flat, and extend your arms toward the ground in front of you (your hands should reach somewhere below your knees). This will make your glute muscles work harder.

## **EXERCISE 2: DOWNWARD-FACING DOG**



From a pushup position with your arms and legs fully extended (wrists directly under shoulders) contract your core and abdominal

muscles (A). Slowly exhale and shift your weight backward by pushing your hips up and back. Continue moving until your body forms an inverted V, allowing your head to hang loosely between your shoulders (B). Keep your arms and legs extended, and be sure to maintain a neutral (flat) spine. *Hold for 1 to 2 minutes.*

### **Make it harder**

From downward-facing dog, move forward into a plank position and pull your right knee toward your chest, engaging your core as you bring your knee in. Press back to downward-facing dog as you place your right foot back on the ground. Repeat with the left side. 8–12 reps per side

## EXERCISE 3: PUSHUP



Lower yourself to your hands and knees. Position your hands flat on the ground, shoulder-width apart, with your fingers facing forward or slightly turned in (A). Straighten your arms and legs and contract your abs. Slowly lower your body toward the ground; your elbows will flare out slightly (B). Press up until your arms are fully extended. During the entire exercise, keep your head aligned with your spine, and do not allow your lower back to sag or your hips to hike up. *8–12 reps*

**Make it harder**

Lift your left foot off the ground, keeping your leg extended throughout the pushup. Return to start and repeat with right leg. Continue to alternate legs as you complete the set. *8–12 reps*

## EXERCISE 4: FOREARM SIDE PLANK



Lie on your left side with your legs extended, your left elbow directly under your shoulder, and your right hand palm down. Stack your right foot on top of the left (A). As you exhale, gently contract your abs and lift your hips and knees off the mat, keeping the side of your left foot and your left forearm and elbow in contact with the ground (B). Inhale and slowly return to start. Alternate sides and repeat. *Hold for 15 to 30 seconds per side*

### **Make it harder**

Raise your upper leg off of the lower leg throughout the exercise.

## **EXERCISE 5: LIMB RAISES**



Lie on your stomach with your arms extended overhead, palms facing each other and your head and neck in line with your spine (A). As you exhale, contract your abs to stabilize your torso and slowly raise one leg and the opposite arm a few inches off the ground simultaneously (B). Hold this position briefly before returning start. Alternate sides on each rep. Avoid arching your back or bending your neck. *8–12 reps*

### **Make it harder**

Raise both arms and both legs off the ground. Hold briefly, then gently inhale and lower your legs and arms back to start without creating any movement in your lower back or hips.

## **EXERCISE 6: BOAT POSE**

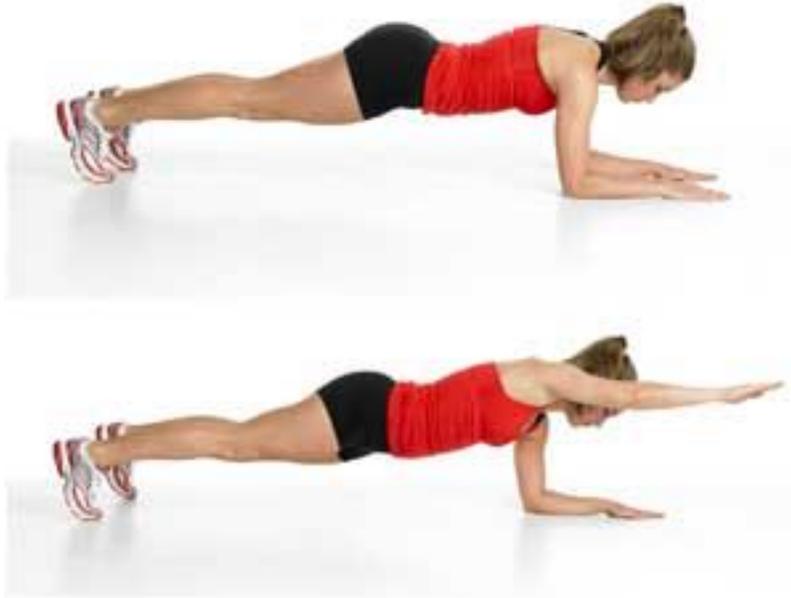


Begin in a seated position with your knees bent and your feet resting lightly on the ground as you balance on your sit bones (A). With your core engaged, lengthen through your torso and recline slightly, avoiding any rounding of your back. Extend your arms straight out in front of you, then extend your legs, creating a V-shape with your torso and legs (B). Breathe comfortably throughout the move. *Hold for 30 to 60 seconds.*

### **Make it harder**

After holding boat pose for 5 seconds, recline a bit more, and lower your legs, allowing your legs and torso to hover just a few inches off of the ground as you balance on your sacrum (the bone at the base of your spine). Hold this variation for 5 seconds, then rise back up and hold. 6-8 reps

## EXERCISE 7: PLANK-UPS



Starting on all fours, lower your forearms to the ground, keeping your elbows under your shoulders. Tuck your toes under and straighten your legs into a forearm plank position (A). Hold for 5 seconds, then extend your left arm straight in front of you (B). Lower your left arm back down to the forearm plank position and repeat with the right arm. That's 1 rep. *8–12 reps*