

# JESSICA BIEL

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Jessica Biel

## Workout Routine:

### Training Volume:

3-6 Days a Week

### Explanation:

If you want to do Biel's basic routine, 3 days a week is fine. But, if you're looking to step it up, you can add in the extra days that it's necessary to train for a movie like Blade.

### Day One: Legs and Shoulders

#### Warm Up

5-10 minutes of stretching

10-15 minutes of cardio

#### Workout

Back Squat

5x10

Arnold Press

3x15

Front Squat

3x12

Pull Ups

3xFailure

Weighted Walking Lunges

3x10

Shoulder Front Raises (DB)

3x12

**Circuit**

5 Rounds

10 Push Ups

10 Mountain Climbers

10 Walking Lunges

10 Sit Ups

10 Pull Ups

**Day Two: Activity Day aka Cager**

You have a few options. Choose one below:

Cardio: 30-60 minutes of cardio involving running, biking, hiking, or a combination.

Martial Arts: train in martial arts for 30-60 minutes

Sports/Activity: play some tennis, basketball, or some other physical sport for 30-60 minutes

Full Body Workout: Hit one exercise for each body part (utilizing the other days), for a total of 6+ sets.

## **Day Three: Chest and Triceps**

### **Warm Up**

5-10 minutes of stretching

10-15 minutes of cardio

### **Workout**

DB Bench Press

3x15

Tricep Kickbacks

3x15

Dips

3xFailure

Tricep Push Downs

3x12

DB Chest Flys

3x12

Light Overhead Extension (Cable or DB)

3x15

### **Circuit**

5 Rounds

5 Pull Ups

5 Burpees

30 Walking Lunges

5 Push Ups

5 Jump Squats

## **Day Four: Activity Day aka Cager**

You have a few options. Choose one below:

Cardio: 30-60 minutes of cardio involving running, biking, hiking, or a combination.

Martial Arts: train in martial arts for 30-60 minutes

Sports/Activity: play some tennis, basketball, or some other physical sport for 30-60 minutes

Full Body Workout: Hit one exercise for each body part (utilizing the other days), for a total of 6+ sets.

## **Day Five: Back and Biceps**

### **Warm Up**

5-10 minutes of stretching

10-15 minutes of cardio

### **Workout**

Deadlift

5×10

Weighted Step Up Bicep Curls

3×20

Straight Leg Deadlift

3x12

Pull Ups

3xFailure

Push Ups

3xFailure

Lateral Pull Downs

3x12

**Circuit**

5 Rounds

10 Walking Lunges

10 Jump Squats

10 Mountain Climbers

10 Jump Squats

10 Walking Lunges

**Day Six: Activity Day aka Cager**

You have a few options. Choose one below:

Cardio: 30-60 minutes of cardio involving running, biking, hiking, or a combination.

Martial Arts: train in martial arts for 30-60 minutes

Sports/Activity: play some tennis, basketball, or some other physical sport for  
30-60 minutes

Full Body Workout: Hit one exercise for each body part (utilizing the other days),  
for a total of 6+ sets.