

TESSA THOMPSON WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Tessa Thompson Workout Routine

Training Volume:

3-5 days per week

Explanation:

I'm going to program you a day of full body training, a day of circuit training, and then also a day for cardio and pop fitness in between the two. This is three days of training, but all of the days can be utilized more than one day per week to step it up a notch!

Day One: Full Body Training

Warm Up:

Stretch

Jog 400m

Workout:

Front Squats

3×10

Arnold Press

3×10

Push Ups or Knee Ups

3×10

Weighted Step Ups

3×10

Leg Raises

3×25

Planks

3×60 seconds

Skull Crushers

3×10

Day Two: Cardio and Pop Fitness

One thing we talked about is Tessa Thompson's love for Pop Fitness.

Utilize a day or two a week devoted to cardio and pop fitness styled training.

This can be a day for cycling, hiking, sports, and any other type of cardiovascular training!

Day Three: Full Body Circuit

Warm Up:

Stretch

Jog 400m

Workout:

5 Round Circuit

15 Pike Push Ups

10 Jump Squats

5 Burpees

Ab Circuit:

3 Round Circuit

30 Sit Ups

20 Leg Raises (from floor)

10 Second Reverse Superman Hold