

ZAZIE BEETZ

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Zazie Beetz Workout Routine

Training Volume:

3-5 days per week

Explanation:

Zazie Beetz mentioned the fact that she was basically working out everyday for her role. We have to remember the timeline she was on when preparing, though. For that reason, you can utilize 3-5 days of which I'll program for you. Three of the days will be the style training she utilized with her trainer, and two days will be cardio and activity days.

Day One: Personal Trainer Styled Training

Warm Up:

Stretch

Light Jog (400-800m)

Workout:

3 Rounds of Superset:

Barbell Bench Press x 10

Dips x 10

3 Rounds of Superset 2:

Arnold Press x 10

Pull Ups (or Pikes/Assisted) x 10

3 Rounds of Superset 3:

Front Squats x 10

Box Jumps (or Step Ups) x 10

3 Rounds of Superset 4:

Barbell Rows x 10

Push Ups x10

Day Two: Cardio and Activity

This is where it's your job to get active.

You're either going to get outside and use your fitness via hiking, sports, or some other form of fun activity – OR you're going to utilize this day as a way to get involved in a class.

Whether that's MMA, cycling, yoga, pilates, etc. – doesn't matter!

Day Three: Personal Trainer Styled Training

Warm Up:

Stretch

Light Jog (400-800m)

Workout:

3 Rounds of Superset:

Dumbbell Chest Flys x 10

Dips x 10

3 Rounds of Superset 2:

Shoulder Front Raises x 10

Pull Ups (or Pikes/Assisted) x 10

3 Rounds of Superset 3:

Leg Press x 10

Box Jumps (or Step Ups) x 10

3 Rounds of Superset 4:

Deadlift x 10

Push Ups x10

Day Four: Cardio and Activity

This is where it's your job to get active.

You're either going to get outside and use your fitness via hiking, sports, or some other form of fun activity – OR you're going to utilize this day as a way to get involved in a class.

Whether that's MMA, cycling, yoga, pilates, etc. – doesn't matter!

Day Five: Personal Trainer Styled Training

Warm Up:

Stretch

Light Jog (400-800m)

Workout:

3 Rounds of Superset:

Incline Dumbbell Press x 10

Dips x 10

3 Rounds of Superset 2:

Military Press (Bar or DB) x 10

Pull Ups (or Pikes/Assisted) x 10

3 Rounds of Superset 3:

Back Squats x 10

Box Jumps (or Step Ups) x 10

3 Rounds of Superset 4:

Lateral Pull Downs x 10

Push Ups x10