

GAL GADOT WONDER WOMAN WORKOUT



BONUS PDF FILE

BY: MIKE ROMAINE

 **SUPERHERO**  **JACKED** 

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Gal Gadot Wonder Woman Workout

Training Volume: This routine revolves 3-5 training days. 3 days will be programmed for you, and you will also have 2 active days that you can either choose to provide yourself (tennis, rock climbing, hiking, etc. etc.) or insert my active day routine.

Extra: If you'd like to also incorporate Yoga into your regime I suggest the app "Yoga Studio" if you're looking for an immediate start. I've been using it and think it's amazing for just \$3.99! (Does not count as an active day filler)

Day One:

Warm Up:

3x5 assisted pull ups

3x10 push ups (can start with knee push ups)

3x15 air squats

Workout:

Deadlift

10-8-5-5-3

WOD:

1 Round:

25 Pull Ups

25 Step Ups

25 Deadlifts

25 Kettlebell Swings

25 Lunges

25 Floor Wipers

25 Push Ups

25 Air Squats

Day Two:

Choice of Pilates or WOD

WOD:

5 Rounds:

800m Run

15 Dumbbell Presses

10 Dumbbell Snatches

5 Burpees

Day Three:

Warm Up:

3x5 Push Ups (can start with knee push ups)

3x10 Chin Ups (can be assisted)

3x16 Lunges

Workout:

Front Squat

10-5-3

Back Squat

10-8-6-5-3

WOD:

50 Step Ups

50 V-Ups

50 Squats

50 Clean and Press

Day 4 and 5:

Active Days (to be inserted ANYWHERE throughout the week)

3 mile walk or jog

3x10 push ups

3x10 sit ups

3x10 assisted chin ups

3x10 lunges

3x10 burpees