

NATALIE PORTMAN

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Natalie Portman Workout Routine

Training Volume:

3-5 Days a Week

Explanation:

Like many of the woman celebs we come across, Portman uses a lot of training that will be incorporated as "Activity Days". I will give you two of them incorporated in the routine that you can utilize how you'd like.

Day One: Full Body

Warm Up:

Stretch

1 mile jog

Workout:

Squat

3x10

Clean and Press

3x10

Weighted Lunges

3x10

Push Ups (or Knee Ups)

3x10

Tricep Push Downs

3x10

Cable Rows

3x10

Day Two: Activity Day

Activity Day Options:

Run a 5k (3.1 miles ... this doesn't have to be an organized run, just run 3 miles people!)

Go for a 1-3 hour hike

Yoga Class

Day Three: Full Body

Warm Up:

Stretch

3 miles on the Elliptical

Workout:

Front Squats

3x10

Deadlifts

3x10

Leg Press

3x10

Tricep Overhead Extension

3x10

Dips (or assisted)

3x10

Arnold Press

3x10

Day Four: Activity Day

Activity Day Options:

Run a 5k (3.1 miles ... this doesn't have to be an organized run, just run 3 miles people!)

Go for a 1-3 hour hike

Yoga Class

Day Five: Full Body

Warm Up:

Stretch

5 mile bike ride

Workout:

Squat Cleans

3x10

Chin Ups (or assisted)

3x10

Weighted Step Ups

3x10

Skull Crushers

3x10

Chest Press (Machine or Dumbbells)

3x10

Hamstring Curls

3x10