

SCARLETT JOHANSSON BLACK WIDOW WORKOUT



BONUS PDF FILE

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Scarlett Johansson

Black Widow Workout

I'm going to give you 4 workouts [which means you're training at least 4 days a week 😊] that can all be done multiple times per week. This means if you're going to workout 5-6 times you can add any of the workouts a second time – BUT don't do one of them back to back days AND try to add a different workout each week.

Easy enough?

Day One:

Warm Up:

Jog 400m (slow and steady to get warm)

3x5 Pull Ups (can substitute ring rows or assisted pull-ups)

3x10 Push Ups (can substitute knee push-ups)

3x15 Air Squats

Workout:

5 Rounds:

Run 800m

30 Lunges

15 Power Cleans

20 Step Ups

5 Burpees

Day Two:

Warm Up:

3x5 Burpees

3x10 Lunges

3x15 Sit Ups

Workout:

Back Squats

10-8-5-5-3

Overhead Presses

10-8-5-5-3

Deadlift

10-8-5-5-3

3 Sets of 1-Minute Plank Holds

Ab Circuit: (can be added as extra work to other days)

50 crunches

25 leg raises

25 flutter kicks

15 second reverse superman hold

HIIT Cardio:

15 minutes on and off

1 minute walk – 1 minute jog

5 minute cool-down walk for a total of 20 minutes

Day 3:

Warm Up:

3x5 Push Ups

3x10 Ring Rows

3x15 Box Jumps

Workout:

Jog a 5k (3.1 Miles – Can be done slow and/or “on and off” until you can complete it straight)

Day 4:

Warm Up:

Jog 400m

3x5 Jump Squats

3x10 Burpees

3x15 Assisted Pull Ups (can be subbed for Ring Rows)

Workout:

5 Rounds:

1 Minute of Cardio Kickboxing (can be subbed for a minute of jump rope)

15 Air Squats

10 Sit Ups

5 Burpees