

ANNE HATHAWAY

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Anne Hathaway

Workout Routine:

Training Volume:

5+ days per week

Explanation:

We know Hathaway worked out at least 5 days per week just with stunt training alone, so it's safe to say at the very least 5 days of cardio-like training, on top of the weight training, martial arts, and yoga. I'll be programming you a ton of days for training, and it's your job to plug them into 5+ days per week. The cardio will cover that "stunt training" she did daily.

Day One: Cardio and Weights

Warm Up and Cardio:

Stretch

20-30 min jog or bike, or row

Workout:

Front Squat

3×10

Dumbbell Bench Press

3×10

Weighted Step Ups

3×10

Jump Squats

3×10

Dumbbell Military Press

3×10

Cable Kickbacks (or Dumbbell)

3×10

Day Two: Cardio and Activity

Warm Up and Cardio:

Stretch

20-30 min of jogging, bike, or row

Workout:

Today's workout consists of either MMA training or yoga.

You can utilize Coach Derek's tips in [The Academy](#), or even the Jedi Path for Yoga.

If not, a class works, YouTube works, or any other method you'd like.

Feel free to step up the cardio to 45-60 minutes if neither of these options work!

Or, utilize the bonus circuit I've provided at the end of this routine!

Day Three: Cardio and Weights

Warm Up and Cardio:

Stretch

20-30 min jog or bike, or row

Workout:

Back Squat

3×10

Dumbbell Chest Flyes

3×10

Weighted Lunges

3×10

Burpees

3×10

Arnold Press

3×10

Dumbbell Overhead Extension (Tricep)

3×10

Day Four: Cardio and Activity

Warm Up and Cardio:

Stretch

20-30 min of jogging, bike, or row

Workout:

Today's workout consists of either MMA training or yoga.

You can utilize Coach Derek's tips in [The Academy](#), or even the Jedi Path for Yoga.

If not, a class works, YouTube works, or any other method you'd like.

Feel free to step up the cardio to 45-60 minutes if neither of these options work!

Or, utilize the bonus circuit I've provided at the end of this routine!

Day Five: Cardio and Weights

Warm Up and Cardio:

Stretch

20-30 min jog or bike, or row

Workout:

Deadlift

3×10

Dips

3×10

Leg Press

3×10

Pull Ups

3×10

Machine Military Press

3×10

Tricep Cable Pushdown

3×10

Bonus Circuit Training:

One Round All The Way Through:

****Feel free to take short breaks to complete this****

- Insert Cardio for 60 calories to start
- 50 Goblet Squats
- 40 Push Ups
- 30 V Ups
- 20 Burpees
- 10 Box Jumps