

# ALEXANDRA DADDARIO

## WORKOUT ROUTINE



### BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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# Alexandra Daddario

## Workout Routine:

Training Volume:

3-5 days per week

Explanation:

When training for Baywatch the volume was extremely high. The actors were also on limited time. Prior, Daddario utilized yoga, and added in workout routines to tack on some shapely weight. Utilize 3-5 days depending on the additions and how much you can do each week.

\*\*For supersets: complete each movement back to back and then rest before moving onto the next set.\*\*

## Day One: Weights and Daddario's Circuit

### **Warm Up:**

Stretch

800m jog or walk

### **Workout:**

Superset One:

3 Sets of 10 Reps Each

Dumbbell Bench Press

and

Tricep Kickbacks

Superset Two:

3 Sets of 10 Reps Each

Weighted Step Ups

and

Arnold Press

Superset Three:

3 Sets of 10 Reps Each

Cable Rows

and

Chin Ups

**The Daddario Circuit:**

Instructions:

Complete 15 to 20 reps of each exercise, moving from one to the next without resting. At the end, rest for two minutes, then repeat two more times for a total of three sets.

#### 1. FORWARD LUNGE WITH FRONT RAISE

Stand and hold a pair of dumbbells at your sides **(a)**. Step your right foot forward and bend both knees to lower into a lunge as you raise the weights in front of you to shoulder height, keeping your arms straight **(b)**. Press through your right heel to return to start; switch sides. That's one rep.

#### 2. RESISTANCE-BAND PUNCH

Anchor a resistance band around a stable object behind you, at chest level; hold one end of the band in each hand **(a)**. Step your left foot slightly in front of your right as you punch forward with your left arm, keeping your right arm still **(b)**. Reverse the movement to return to start. That's one rep. Switch sides.

#### 3. REVERSE LUNGE WITH ROW

Loop a resistance band around a stable object in front of you, at chest level; hold one end in each hand, arms straight **(a)**. Step your left foot back and bend both knees to lower into a lunge as you pull the band with you, squeezing your shoulder blades together **(b)**. Stand to return to start. That's one rep. Switch sides.

#### 4. STEP-UP WITH DUMBBELL PRESS

Stand behind a box or bench and hold a dumbbell in each hand, elbows bent 90 degrees **(a)**. Step your left foot, then your right foot, onto the box as you push the weights overhead **(b)**. Step down to return to start. That's one rep. Switch sides.

#### 5. SQUAT JACK

Stand with your feet shoulder-width apart, arms bent, and push your hips down and back until your knees are bent to almost 90 degrees **(a)**. Keeping your torso tall, explosively jump your legs outward **(b)**, then immediately inward to bring them back to start. That's one rep.

#### 6. LUNGE JUMP

Stand and step your right foot forward; bend both knees until your left knee nearly touches the floor **(a)**. Quickly jump into the air as you scissor-kick your legs **(b)** to land with your left leg forward **(c)**. That's one rep. Alternate legs for each rep.

## Day Two: Yoga

Take the day to do some hot yoga!

Or, any style of yoga that you prefer.

Each one of these training days it really intense, especially with the added circuit, so it's okay if you take a rest day here. Or, head over into [The Academy](#) and utilize The Jedi Path and the instructional yoga videos we have there.

## Day Three: Weights and Daddario's Circuit

### **Warm Up:**

Stretch

800m jog or walk

### **Workout:**

Superset One:

3 Sets of 10 Reps Each

Dumbbell Chest Flys

and

Tricep Overhead Extension

Superset Two:

3 Sets of 10 Reps Each

Weighted Lunges

and

Shoulder Flys

Superset Three:

3 Sets of 10 Reps Each

Deadlift

and

Knee Push Ups

### **The Daddario Circuit:**

Instructions:

Complete 15 to 20 reps of each exercise, moving from one to the next without resting. At the end, rest for two minutes, then repeat two more times for a total of three sets.

1. FORWARD LUNGE WITH FRONT RAISE

Stand and hold a pair of dumbbells at your sides **(a)**. Step your right foot forward and bend both knees to lower into a lunge as you raise the weights in front of you to shoulder height, keeping your arms straight **(b)**. Press through your right heel to return to start; switch sides. That's one rep.

## 2. RESISTANCE-BAND PUNCH

Anchor a resistance band around a stable object behind you, at chest level; hold one end of the band in each hand **(a)**. Step your left foot slightly in front of your right as you punch forward with your left arm, keeping your right arm still **(b)**. Reverse the movement to return to start. That's one rep. Switch sides.

## 3. REVERSE LUNGE WITH ROW

Loop a resistance band around a stable object in front of you, at chest level; hold one end in each hand, arms straight **(a)**. Step your left foot back and bend both knees to lower into a lunge as you pull the band with you, squeezing your shoulder blades together **(b)**. Stand to return to start. That's one rep. Switch sides.

## 4. STEP-UP WITH DUMBBELL PRESS

Stand behind a box or bench and hold a dumbbell in each hand, elbows bent 90 degrees **(a)**. Step your left foot, then your right foot, onto the box as you push the weights overhead **(b)**. Step down to return to start. That's one rep. Switch sides.

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Stand and step your right foot forward; bend both knees until your left knee nearly touches the floor **(a)**. Quickly jump into the air as you scissor-kick your legs **(b)** to land with your left leg forward **(c)**. That's one rep. Alternate legs for each rep.



# Day Four: Yoga

Take the day to do some hot yoga!

Or, any style of yoga that you prefer.

Each one of these training days it really intense, especially with the added circuit, so it's okay if you take a rest day here. Or, head over into [The Academy](#) and utilize The Jedi Path and the instructional yoga videos we have there.

# Day Five: Weights and Daddario's Circuit

## **Warm Up:**

Stretch

800m jog or walk

## **Workout:**

Superset One:

3 Sets of 10 Reps Each

Incline Dumbbell Bench Press

and

Tricep Skullcrushers

Superset Two:

3 Sets of 10 Reps Each

Front Squats

and

Military Press

Superset Three:

3 Sets of 10 Reps Each

Lateral Pulldowns

and

Cable Hammer Curls

### **The Daddario Circuit:**

Instructions:

Complete 15 to 20 reps of each exercise, moving from one to the next without resting. At the end, rest for two minutes, then repeat two more times for a total of three sets.

#### 1. FORWARD LUNGE WITH FRONT RAISE

Stand and hold a pair of dumbbells at your sides **(a)**. Step your right foot forward and bend both knees to lower into a lunge as you raise the weights in front of you to shoulder height, keeping your arms straight **(b)**. Press through your right heel to return to start; switch sides. That's one rep.

#### 2. RESISTANCE-BAND PUNCH

Anchor a resistance band around a stable object behind you, at chest level; hold one end of the band in each hand **(a)**. Step your left foot slightly in front of your right as you punch forward with your left arm, keeping your right arm still **(b)**. Reverse the movement to return to start. That's one rep. Switch sides.

### 3. REVERSE LUNGE WITH ROW

Loop a resistance band around a stable object in front of you, at chest level; hold one end in each hand, arms straight **(a)**. Step your left foot back and bend both knees to lower into a lunge as you pull the band with you, squeezing your shoulder blades together **(b)**. Stand to return to start. That's one rep. Switch sides.

### 4. STEP-UP WITH DUMBBELL PRESS

Stand behind a box or bench and hold a dumbbell in each hand, elbows bent 90 degrees **(a)**. Step your left foot, then your right foot, onto the box as you push the weights overhead **(b)**. Step down to return to start. That's one rep. Switch sides.

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