

GWENDOLINE CHRISTIE

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Gwendoline Christie

Workout Routine:

Training Volume:

3-4 days per week

Explanation:

Gwendoline Christie is specifically quoted saying she trained three or four days per week. For that reason, I'm going to give you a four day split of lifting to gain muscle and tone up!

Day One: Chest and Accessory

Warm Up:

Stretch

10 min Incline Walk

Workout:

Bench Press

5×5

Incline Bench Press

3×10

Dips

3×10

Skull Crushers

3×10

Push Ups

3×25

Day Two: Back and Accessory

Warm Up:

Stretch

10 min Incline Walk

Workout:

Deadlift

5×5

Dumbbell Rows

3×10

Wide Grip Pull-Ups

3×10

Lateral Pulldowns

3×10

Cable Rows

3×10

Day Three: Shoulders and Accessory

Warm Up:

Stretch

10 min Incline Walk

Workout:

Military Press

5×5

Shoulder Flys

3×10

Shoulder Front Raises (DB)

3×10

Arnold Presses

3×10

Clean and Press

3×10

Day Four: Legs and Accessory

Warm Up:

Stretch

10 min Incline Walk

Workout:

Back Squats

5×5

Weighted Lunges

3×10

Weighted Step Ups

3×10

Leg Press

3×10

Straight Leg Deadlift

3×10