

The Wonder Woman Workout Routine



Bonus PDF File
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The Wonder Woman Workout Routine

Training Volume:

4 days per week

Explanation:

We're talking about Wonder Woman here! This routine is pretty brutal. BUT, it's effective and will leave you sore and wanting more. There are 4 days of programmed training, and the other 1-2 days can be added as activity or mixed martial arts training. All heroes should know how to defend themselves.

What you need to know:

A Superset means you're performing those movements back to back. If a movement is part of "Superset 1" it's part of the grouping of movements in that superset and you perform them back to back and then proceed to break and do another set [of those movements] after.

HIIT stands for High Intensity Interval Training. Do one minute ON (sprint 6-10mph) and one minute OFF (walk 2.5-3.3mph) for 25 minutes. That means you go back and forth every minute for the duration. On, off, on, off, etc.

When lifting your initial lifts/compounds (especially), you should be using [pyramid training](#).

Day 1: Push and Pull

-Jog: 1 mile

-Pull up: 3X10-circuit 1

- Push up: 3X10-circuit 1
- Lunges: 3X10-circuit 1
- Deadlift: 3X10-super set 1
- Kettle Bell Swings: 3X10-super set 1
- Heavy Bag: 3X1 min-super set 2
- Floor Wipers: 3X10-super set 2
- Incline Sprints: 3X1 min-super set 3
- Jump Rope: 3X1 min-super set 3

Day 2: Battle Ropes

- Battle Ropes: 3X2 min
- Chin Up: 3X10-circuit 1
- Burpee: 3X10-circuit 1
- Step up: 3X10-circuit 1
- Front Squat: 3X10-super set 1
- Clean and Press: 3X10-super set 1
- Shadow Box: 3X1 min-super set 2
- V up: 3X10-super set 2

-Stairs: 3X1 min-super set 3

-Jump Rope: 3X1 min-super set 3

Day 3: Pull and Push

-Jog: 1 mile

-Pull up: 3X10-circuit 1

-Push up: 3X10-circuit 1

-Lunges: 3X10-circuit 1

-Dumb Bell Presses: 3X10-super set 1

-Kettle Bell Swings: 3X10-super set 1

-Heavy Bag: 3X1 min-super set 2

-Floor Wipers: 3X10-super set 2

-Incline Sprints: 3X1 min-super set 3

-Jump Rope: 3X1 min-super set 3

Day 4: Battle Ropes

-Battle Ropes: 3X2 min

-Chin Up: 3X10-circuit 1

-Burpee: 3X10-circuit 1

-Step up: 3X10-circuit 1

-Back Squat: 3X10-super set 1

-Dumb Bell Snatches: 3X10-super set 1

-Shadow Box: 3X1 min-super set 2

-V up: 3X10-super set 2

-Stairs: 3X1 min-super set 3

-Jump Rope: 3X1 min-super set 3

Bonus 1-2 Days: Activity, Parkour and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.