

AMY ADAMS

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Amy Adams

Workout Routine:

Training Volume:

1-7 days per week

Explanation:

I'm going to be programming you one day of weight lifting which will cover your whole body. I will also be sharing some movements from S-Factor, and the rest is going to be cardio/running which Adams says she tries to do every single day!

Cardio and Walking (6-7 Days Per Week)

Adams states that she tries to get at least a mile of walking or running in every day.

In other interviews she mentions how much she loves running, so don't just walk every day – get in some heart pumping jog sessions too!

Do this as often as possible, and remember a brisk walk everyday makes a world of difference.

Full Body Weights Workout

Warm Up:

Stretch

Jog 800m

Workout:

Cable Rows

3×10

Back Squats

5×10

Arnold Press

3×10

Step Up Bicep Curls

3×10

Tricep Kickbacks

3×10

Hamstring Curls

3×10

Pull Ups

3xFailure

S-Factor Workout from *Shape.com*

You will need: Yoga mat

Bridge Grind

Sets: 2

Reps: 10 (5 in each direction)

Works: Butt

Lie faceup on a mat with knees bent and feet flat about hip-width apart. Rest arms out to the sides. Take a long, deep inhale as you lift hips so body forms a straight line from shoulders to knees. Exhale and squeeze butt simultaneously. Move hips in a circular motion in a clockwise direction, like you're scraping the inside of a tube with your hips, pushing out and down to the bottom until butt is centimeters away from touching the mat, then back up. Relax butt and take another long, deep inhale. Squeeze your butt again, exhale gradually, and pump hips up and down a couple

inches 5 times. That's one rep. Repeat, moving hips counterclockwise.

Writhing to Prancing Goddess

Sets: 1

Reps: 90 seconds

Works: Abs

1. Lie faceup on a mat, legs together, feet and toes pointed, and arms out to the sides. Arch back, lifting chest up toward the ceiling, keeping head on the mat. Lift legs slightly off the ground. Bend knees at slightly different angles so right knee is a bit higher than left. Slowly switch knees so left is higher than right. Continue switching (writhing), toes and feet pointed, for 45 seconds.

2. With right knee higher than left, lift right leg until right thigh is perpendicular to the floor. Take a long, deep inhale and nearly straighten leg toward the ceiling. (Leave a sexy, subtle curve in it.) Exhale, and slowly lower right leg as you lift and straighten left leg while bending right knee. Move continuously with tummy tucked, going slowly to create resistance as if you're riding a bicycle on a sandy beach. Repeat for 45 seconds.

Standing Hip Circles

Sets: 1

Reps: 10 in each direction standing; 5 in each direction squatting

Works: Legs

Stand with feet slightly wider than hip-width apart, knees slightly bent. Make a wide, slow circle with hips moving clockwise 10 times. Repeat moving hips counterclockwise. Circle again

clockwise, speeding up as you squat all the way down, bending knees slowly. Once at the bottom, slowly begin to straighten legs back to starting position with knees slightly bent, continuing to circle hips. Do 5 reps, then repeat 5 times moving hips counterclockwise.