

ELIZABETH OLSEN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Elizabeth Olsen

Workout Routine:

Training Volume:

5-6 days per week

Explanation:

Elizabeth Olsen does bootcamp workouts and yoga five to six days a week. For that reason I'm going to program you a weight training day, a circuit training day, and then also include two days devoted to yoga and bootcamp workouts for you to utilize on your own.

Day One: Weight Training – Full Body

Warm Up:

Stretch

400-800m walk/jog

Workout:

Light Deadlift

4×12

Back Squat

4×12

Chest Flyes

3×10

Tricep Cable Pushdowns

3×10

Thrusters

3×10

Planks

3×60 seconds

Day Two: Circuit Training

Warm Up:

Stretch

400-800m walk/jog

Workout:

3 Rounds for Time:

5 Burpees

10 Air Squats

15 Push Ups

20 Mountain Climbers

25 Jump Rope

30 Second Plank

25 Jump Rope

20 Lying Leg Raises

15 Kettlebell Swings

10 Plank to Push Ups

5 Box Jumps

1 Minute Rest

Day Three: Yoga

Elizabeth Olsen loves yoga.

Whether you want to utilize our Jedi Path in [The Academy](#), go out and hit a yoga class, or even use YouTube and other outside sources, this is fine.

Get in some stretching and yoga and live up your Scarlet Witch!

Day Four: Bootcamp Training

Elizabeth Olsen also loves utilizing bootcamp training.

Whether you want to hit up a pilates class, another bootcamp type class, or even CrossFit, any of those work.

You could even sub the circuit above, or utilize any of the other circuits I've programmed for other celebs.

Get out there and use your fitness.