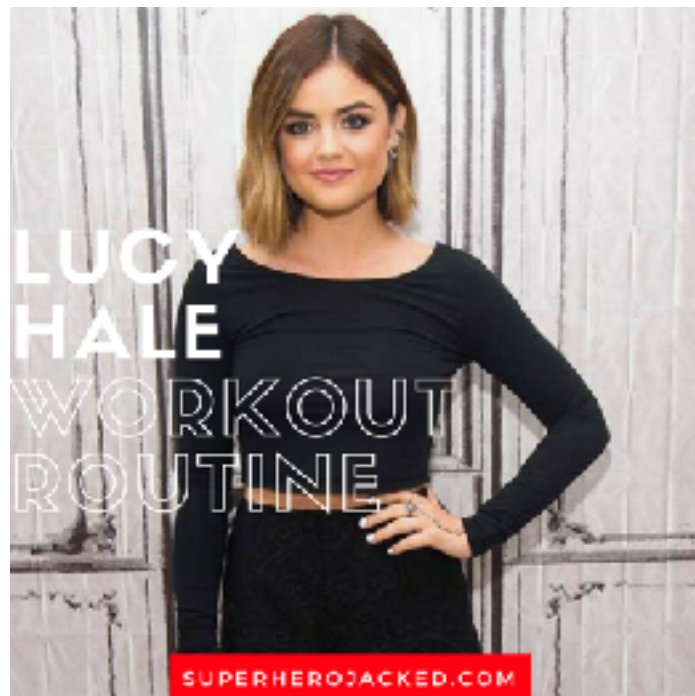


# THE LUCY HALE WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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# The Lucy Hale Workout Routine:

## **Training Volume:**

3-5 days per week

## **Explanation:**

Lucy meets with a trainer 2-3 times per week when she's home in LA, and also tries to get in yoga, pilates, hiking, running, and SoulCycle when she can. But, I'll break it down for you by programming you 3 days of "trainer" workouts, and then the rest I'll break down as well.

## Day One: Full Body Trainer Day

### **Warm Up:**

Stretch

15 min varied cardio (treadmill/bike/stairs/elliptical)

### **Workout:**

Squat

3×10

Tricep Cable Pushdowns

3×10

Arnold Press

3×10

Hamstring Curls

3×10

Dips (Assisted if needed)

3×Failure

Cable or Machine Rows

3×10

Squat Clean

3×10

## Day Two: Lucy Hale Day

Lucy Hale days revolves around one of the things she does to get active!

That means go ahead and get in some yoga, hiking, a jog, SoulCycle, or pilates!

**Get out their and get active.**

Use your fitness.

## Day Three: Full Body Trainer Day

### **Warm Up:**

Stretch

15 min varied cardio (treadmill/bike/stairs/elliptical)

### **Workout:**

Deadlift

3×10

Weighted Lunges

3×10

Overhead Tricep Press

3×10

Shoulder Flys

3×10

Weighted Glute Bridges

3×10

Incline Dumbbell Press

3×10

Thrusters

3×10

## Day Four: Lucy Hale Day

Lucy Hale days revolves around one of the things she does to get active!

That means go ahead and get in some yoga, hiking, a jog, SoulCycle, or pilates!

**Get out there and get active.**

Use your fitness.

# Day Five: Full Body Trainer Day

## **Warm Up:**

Stretch

15 min varied cardio (treadmill/bike/stairs/elliptical)

## **Workout:**

Clean and Press

3×10

Glute Pushdowns (on assisted pull-up machine)

3×10

Cable Tricep Kickbacks

3×10

Shoulder Front Raises

3×10

Quad Leg Extensions

3×10

Pull-ups or Chin Ups (Assisted if needed)

3xFailure

Burpees

3×10