

MADELAINE PETSCH

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Madeline Petsch Workout Routine

Training Volume:

6 days per week

Explanation:

Madeline Petsch says she works out 6 days per week. I'll be programming you 3 days which you will perform twice per week. I suggest taking one day to rest in between.

Day One: Legs (Glutes, Quads, Hamstrings)

Warm Up:

Stretch

Foam Roll

Cardio:

2-3 mile run

Workout:

Back Squats

4×12

Hamstring Curls

4×12

Glute Pushdowns (on dip machine)

4×12 each leg

Cable Glute Pull Through

4×12

Quick Circuit:

3 Rounds for Time

10 Jump Squats

10 Jumping Lunges

10 Straight Leg Deadlifts

Day Two: Push (Chest, Triceps, Shoulders)

Warm Up:

Stretch

Foam Roll

Cardio:

2-3 mile run

Workout:

Dumbbell Bench Press

4×12

Shoulder Press (Bar or Dumbbell)

4×12

Tricep Cable Kickbacks

4×12 each arm

Dips

4xFailure

Quick Circuit:

3 Rounds for Time

10 Push Ups (or knee ups)

10 Tricep Cable Pushdowns

10 One Arm Snatches (each arm)

Day Three: Pull (Back, Biceps)

Warm Up:

Stretch

Foam Roll

Cardio:

2-3 mile run

Workout:

Deadlift

4×12

Cable Rows

4×12

Step Up Bicep Curls

4×12 each arm/leg

Lateral Pulldowns

4×12

Quick Circuit:

3 Rounds for Time

10 Pull Ups (assisted is fine)

10 Plank to Push Ups

10 Bent Over Barbell Rows