

# JENNIFER GARNER

# WORKOUT ROUTINE



## BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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# Jennifer Garner

## Workout Routine:

### Training Volume:

3+ days per week

### Explanation:

I'm programming you 3 days of weight training and cardio, and I'll also be adding in splits so that it's your job to get active the rest of the week. This can be dance, other cardiovascular activities, or even a nice brisk walk like I prefer to do on my off-days.

## Day One: Pull Day

### Warm Up:

Stretch

15 min incline walk

15 min slow steady elliptical

3×10 Pull Ups

## **Workout:**

Deadlift

4×12

Step Up Barbell Curls

4×12 each arm/leg

## **Superset 1:**

Lateral Pulldowns

Cable Rows

3×10

## **Superset 2:**

Cable Bicep Curls

Cable Hammer Curls

3×10

## **Superset 3:**

Bent Over Dumbbell Rows

Preacher Curls

3×10

## Day Two: Activity Day

This one is on you!

Get out there and use your fitness.

Take a dance class, go for a hike, get active.

HAVE FUN!

## Day Three: Push Day

### **Warm Up:**

Stretch

15 min incline walk

15 min slow steady elliptical

3×10 Dips

## **Workout:**

Dumbbell Bench Press

4×12

Tricep Cable Kickbacks

4×12 each arm

Military Press (Machine, Barbell or DBs)

4×12

## **Superset 1:**

Incline Dumbbell Press

Standing Dumbbell Chest Flys

3×10

## **Superset 2:**

Cable Tricep Pushdown

Cable Overhead Extension

3×10

### **Superset 3:**

Arnold Press

Dumbbell Shoulder Front Raise

3×10

## Day Four: Activity Day

This one is on you!

Get out there and use your fitness.

Take a dance class, go for a hike, get active.

HAVE FUN!

## Day Three: Leg Day

### **Warm Up:**

Stretch

15 min incline walk

15 min slow steady elliptical

3×10 Air Squats

**Workout:**

Back Squats

4×12

Weighted Lunges

4×12 each leg

Calf Raises

4×12

**Superset 1:**

Straight Leg Kettlebell Deadlift

Goblet Squat

3×10

**Superset 2:**



Assisted Dip/Pull Up Machine Leg Pushdown

Hamstring Curls

3×10

**Superset 3:**

Quad Extensions

Cable Pull-throughs

3×10