

CANDICE PATTON WORKOUT ROUTINE



BONUS PDF FILE

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Candice Patton Workout Routine

Training Volume:

3-5+ days per week

Explanation:

I would recommend being active 3-5 days per week, but I still have “active off-days” containing walking or other fun sports/movements. Being that this routine will be mainly revolving around activities, you can use it upwards of 6-7 days a week if you really wanted to.

Video Link:

[SHJ YouTube Workout Guide](#)

Candice Patton Workout Stage One: Typical Programming

A few things quoted directly from Patton are Soul Cycle, Yoga, Zumba-type classes, and hiking. Utilize a few days a week

devoted to all of these things, if possible. You can even use [The Academy](#) or YouTube if you'd like yoga videos/programming.

I just got into Soul Cycle.

I love cycling, yoga, Zumba-type classes

I love hiking in Runyon Canyon.

Candice Patton Workout Stage Two: MMA and Activity

All heroes should know how to defend themselves.

Plus, Patton mentions working on her kicking and punching with choreographers that leaves her “drenched in sweat”!

Check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

Candice Patton Workout Stage Three: Gym Time

Patton also mentions being a workout fiend at the gym sometimes.

She states: *“I have moments where I’m a workout fiend, and some months where I’m struggling to get to the gym.”*

It’s unclear whether or not Patton means the things she’s mentioned like yoga, Soul Cycle, and Zumba-type classes, but that is likely the case. Either way, if you’d like to get in the gym and utilize weights you could check out some other CW ladies routines like [Katie Cassidy](#), [Emily Bett Rickards](#), and [Katrina Law](#).