

DEBORAH ANN WOLL

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Deborah Ann Woll Workout Routine

Training Volume:

3-5 days per week

Explanation:

We're going to revolve this around a 3 day (Push, Pull, Legs) as if you were going to see Deborah Ann Woll's personal trainer, and then add in 2+ activity days on top of that – which could definitely include some dancing!

Video Link:

[SHJ YouTube Workout Guide](#)

Deborah Ann Woll Workout Day One: Pull

Warm Up:

Stretch

15 Minute Elliptical

3x10 Knee Push Ups

3x10 Air Squats

Workout:

Bent Over Kettlebell or DB Rows

4x12

Cable Lateral Pulldowns

4x12

Superset One:

A. Cable Face-pulls

3x10

B. Cable Hammer Curls

3x10

Superset Two:

A. Back Extension

3×10

B. Chin Ups (can be assisted)

3×10

Core Superset:

A. Stability Ball Tuck

3×10

B. Stability Ball Hands to Feet Pass

3×10

Deborah Ann Woll Workout Day Two: Activity Day

This part is also very important, even if it's just dancing!

Deborah Ann Woll mentions even incorporating dancing, and also the fact that she has times when she doesn't get to the gym, which leads us to believe that on top of her diet she's also pretty active.

Do things you enjoy. Go hiking. Play sports. Go surfing.

All heroes should also know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.

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

And check out the [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!

Deborah Ann Woll Workout Day Two: Push

Warm Up:

Stretch

15 Minute Elliptical

3x10 Assisted Pull Ups

3x10 Air Squats

Workout:

Dumbbell Bench Press

4×12

Tricep Kickbacks (DB or Cable)

4×12 each arm

Superset One:

A. Incline Chest Press (Hammer Strength or DB)

3×10

B. Weighted Dip Machine

3×10

Superset Two:

A. Close Grip Bench

3×10

B. Light Dumbbell Flys

3×10

Core Superset:

A. Mountain Climbers

3×10

B. Leg Raises (Lying or Hanging)

3×10

Deborah Ann Woll Workout Day Four: Activity Day

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Deborah Ann Woll Workout Day

Five: Legs

Warm Up:

Stretch

15 Minute Elliptical

3x10 Assisted Pull Ups

3x10 Air Squats

Workout:

Back Squat

4x12

Leg Press

4x12 each arm

Superset One:

A. Hamstring Curls

3x10

B. Quad Extension

3x10

Superset Two:

A. Cable Pull-throughs

3x10

B. Glute Bridges

3x10

Core Superset:

A. Sit Ups

3x10

B. Planks

3x30 seconds