

HAILEE STEINFELD

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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HAILEE STEINFELD

WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

Steinfeld works out as often as she can, but she's also extremely active. I'm going to program you a few days that you can utilize, but you can also use some of the activity options to keep it up for even extra calorie burning.

Hailee Steinfeld Workout Day One: Gym Circuit Workout

Warm Up:

Stretch

10-20 min varied cardio

Workout:

Circuit One:

A. Goblet Squats

3×10

B. Box Jumps

3×10

C. Weighted Lunges

3×10 each leg

Circuit Two:

A. DB Clean and Press

3×10

B. Chest Press

3×10

C. DB Kickbacks

3×10 each arm

Circuit Three:

A. Pulldown Variation

3×10

B. Row Variation

3×10

C. Burpees

3×5

Hailee Steinfeld Workout Day Two: Resistance Bands and Jump Rope

Bodyweight warm-up:

3 Rounds

- Jump Rope — 100 reps
- Inchworm — 5 reps
- Shoulder Tap — 10 reps
- Squat Thrust — 15 reps
- Air Squat — 20 reps

Circuit One:

3 Rounds

- Resistance Band Bicep Curl — 10 reps
- Plank Up-Down (no band) — 10 reps
- Resistance Band Lateral Walk — 10 reps
- Resistance Band Glute Bridge — 10 reps
- Jump squat (no band) — 10 reps

Circuit Two:

3 Rounds

- Resistance Band Lat Pulldown — 10 reps
- Push-up (no band) — 10 reps
- Resistance Band Kneeling Crunch — 10 reps
- Jump lunge — 20 reps

Circuit Three:

3 Rounds

- Resistance Band Upright Row — 10 reps
- Resistance Band Hinged Row — 10 reps
- Resistance Band Glute Kickback — 10 reps
- Resistance Band Thruster — 10 reps
- Jump Squat (no band) — 10 reps

Hailee Steinfeld Workout Routine Day Three: Kickboxing and Circuit Training

You're in luck in this department.

Coach Derek has multiple programs that you can utilize for mixed martial arts and circuit training. So on this training day, you're going to head over to one of those!

Check out 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.

And the Daredevil workout also has some beginner Parkour as well.

Hailee Steinfeld Workout Routine Day Four: Activity Day and Dancing

Steinfeld loves to dance. She names that as her favorite workout.

BUT, she also mentions getting active in other ways.

If she's had a somewhat active day and has little time she even just tries to get in some walking. Depending on your day you can go for a 15-60 minute walk to get moving.

Or, there's plenty of other ways to get active like hiking, sports, swimming, rock climbing, and tons of other fun methods!