

# EMMY ROSSUM WORKOUT ROUTINE



Bonus PDF File  
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# EMMY ROSSUM WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

We're going to be doing a mix of weightlifting and fun classes. I'll program you 3 days of weightlifting mixed with 3 days of class options for you to choose from. If you can't make it to a class, you can sub it for some of the cardio I will list.

Video Link:

[SHJ YouTube Workout Guide](#)

## Emmy Rossum Workout Day One: Push Day

Warm Up:

Stretch

Bike 15 minutes

Workout:

Dumbbell Bench Press

3×10

Kettlebell Swings

**3×10**

**Battle Ropes**

**3×30 seconds**

**Tricep Kickbacks (Cable or DB)**

**3×10 each arm**

**Arnold Presses (Standing or Seated)**

**3×10**

**Chest Flys (Cable, DB or Machine)**

**3×10**

**Abs and Obliques:**

**Hanging Leg Raises**

**3×10**

**Russian Twists**

**3×10**

**Cable Crunches**

**3×10**

**Emmy Rossum Workout Day Two: Classes or Cardio**

**Emmy Rossum says:**

**“I like Physique 57, Burn 60 and SoulCycle or Flywheel”**

**Take advantage of one of these, or a class that’s similar.**

**If you can’t, that’s okay. Do your best to get some varied cardio in for 45-60 minutes.**

**For example:**

**15-20 min treadmill incline walk or jog**

**15-20 min bike**

**15-20 min elliptical**

**15-20 min stairmaster**

***Are all great options!***

## **Emmy Rossum Workout Day Three: Pull Day**

**Warm Up:**

**Stretch**

**Bike 15 minutes**

**Workout:**

**Dumbbell Deadlift**

**3×10**

**Dumbbell Bent Over Rows**

**3×10**

**Lateral Pulldowns**

**3×10**

**Cable Face Pulls**

**3×10**

**Bicep Curl Step Ups w/ DB**

**3×10 each leg/arm**

**Assisted Chin Ups**

**3×10**

**Abs and Obliques:**

**Lying Leg Raises**

**3×10**

**Side Planks**

**3×30 second each side**

**Sit Ups**

**3×10**

**Emmy Rossum Workout Day Four: Classes or Cardio**

**Emmy Rossum says:**

**“I like Physique 57, Burn 60 and SoulCycle or Flywheel”**

**Take advantage of one of these, or a class that’s similar.**

**If you can’t, that’s okay. Do your best to get some varied cardio in for 45-60 minutes.**

**For example:**

**15-20 min treadmill incline walk or jog**

**15-20 min bike**

**15-20 min elliptical**

**15-20 min stairmaster**

***Are all great options!***

## **Emmy Rossum Workout Day Five: Leg**

**Warm Up:**

**Stretch**

**Bike 15 minutes**

**Workout:**

**Squat (Goblet, Back or Landmine)**

**3×10**

**Leg Press**

**3×10**

**Hamstring Curls**

**3×10**

**Cable Pull Throughs**

**3×10**

**Weighted Glute Bridges**

**3×10**

**Weighted Lunges**

**3×10**

**Abs and Obliques:**

**Hanging Knee Raises w/ Twist**

**3×10**

**Plank**

**3×60 seconds**

**Crunches**

**3×25**

**Emmy Rossum Workout Day Six: Classes or Cardio**



**Emmy Rossum says:**

**“I like Physique 57, Burn 60 and SoulCycle or Flywheel”**

**Take advantage of one of these, or a class that’s similar.**

**If you can’t, that’s okay. Do your best to get some varied cardio in for 45-60 minutes.**

**For example:**

**15-20 min treadmill incline walk or jog**

**15-20 min bike**

**15-20 min elliptical**

**15-20 min stairmaster**

***Are all great options!***