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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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KERI RUSSELL WORKOUT ROUTINE

Training Volume:

3 days per week, or active daily life

Explanation:

What we know is “Russell trained with Zeisler three days a week, a few hours per session for a month to prep for her role, and the workouts were no joke.” So I’ll be giving you some workouts to utilize for self defense training from our [Academy’s](#) mixed martial arts coach, and from Zeisler herself, and then I’ll also be giving you another rundown on Russell’s everyday regime as well.

Keri Russell Mixed Martial Arts Workout: Training for The Americans

As stated above, Russell used this training a few hours a session, three days a week, for about a month. Below I’ll be giving you some programs from Coach Derek, and also some movements from Russell’s trainer, Zeisler!

Feel free to kick some butt with these mixed martial arts programs, or skip ahead to what Russell utilizes as her everyday regime.

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

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

Zeisler shares these movements with [Shape.com](#):

1. Self-Defense Burpee

A. Start in fighting stance.

B. Squat down and place both hands on the floor.

C. Shoot legs out to a plank position.

D. Return to fighting stance with arms up. Perform 2 straight strikes.

Sets: 1

Reps: 12

2. Push Kick Jumping Jack

A. Start in fighting stance with left foot in front.

B. Kick left leg, imagining driving ball of foot into the groin of a male attacker as you kick up above hips.

C. Do 1 jumping jack and land in the opposite fight stance with right foot in front. Kick again, this time with right leg. Continue, alternating legs.

Sets: 1

Reps: 15

3. Cross-Over Heel Kick

A. Come to hands and knees with chest up.

B. Drive left heel diagonally across body. Return to starting position.

Sets: 1

Reps: 15 per side

4. Plank Elbow Twist

A. Start in a plank position. Hold for 5 seconds.

B. Swing right elbow up toward ceiling, twisting body. Return to starting position and repeat with left arm. Continue, alternating arms.

Sets: 1

Reps: 15 per side

Keri Russell Everyday Workout Regime

In Russell's everyday life she opts for a few things that make her more active.

She also talks about not overindulging on foods, and earning your calories.

She utilizes Brooklyn to get more steps in and go for long walks, so I suggest tracking 10,000 steps a day like we've seen with [Ariana Grande](#)!

She also chooses workout videos to get a quick workout in from time to time.

That, and she also LOVES dancing, and thinks everyone should dance and walk more.

Get out there and get active like Russell if you want abs like she shows off post pregnancy and all!