

LETITIA WRIGHT WORKOUT ROUTINE



Bonus PDF File
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LETITIA WRIGHT WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

Letitia Wright doesn't follow a strict workout routine on a regular basis, but she did go through some grueling workout regimes for her roles as Shuri. I'm going to be programming you a 3 day plan that you can use up to 6 days a week that resembles her training for Black Panther – but also give you a day for yoga, meditation, other forms of activity, Pilates, and other suggestions just for everyday life outside of MCU training.

Circuit Training Explanation:

In this routine specifically we're following the type of circuit training celeb trainer Corey Calliet likes to utilize. You're going to perform an exercise for 30 seconds, rest 30-60 seconds (depending on how long it takes you specifically to get your heart rate back down), and then move onto the next.

Letitia Wright Workout Day One: Lower Body Focus

20-30 Minute Warm Up:

Stretch

20 minute of HIIT

Treadmill:

1 min on: run 5.5-10 mph

1 min off: walk 2.5-3.5 mph

20-30 Minute Circuit Workout:

Circuit 1:

A. Jumping Lunges

3×30 seconds

B. Leg Extension Machine

3×30 seconds

C. Jump Squats

3×30 seconds

Circuit 2:

A. Mountain Climbers

3×30 seconds

B. Leg Curl Machine (Hamstrings)

3×30 seconds

C. Box Jumps

3×30 seconds

Letitia Wright Workout Day Two: Upper Body Focus

20-30 Minute Warm Up:

Stretch

20 minute of HIIT

Treadmill:

1 min on: run 5.5-10 mph

1 min off: walk 2.5-3.5 mph

20-30 Minute Circuit Workout:

Circuit 1:

A. Push Ups (or Knee Ups)

3×30 seconds

B. Hammer/Machine Chest Press

3×30 seconds

C. Forearm Plank

3×30 seconds

Circuit 2:

A. Chin Ups/Assisted Pull Ups

3×30 seconds

B. Hammer/Machine Shoulder Press

3×30 seconds

C. Plank to Push Ups

3×30 seconds

Letitia Wright Workout Day Three: Upper/Lower Body Focus

20-30 Minute Warm Up:

Stretch

20 minute of HIIT

Treadmill:

1 min on: run 5.5-10 mph

1 min off: walk 2.5-3.5 mph

20-30 Minute Circuit Workout:

Circuit 1:

A. Kettlebell Swings

3×30 seconds

B. Light Dumbbell Deadlifts

3×30 seconds

C. Burpees

3×30 seconds

Circuit 2:

A. Goblet Squats w/ KB

3×30 seconds

B. Wall Squats

3×30 seconds

C. Hanging/Lying Leg Raises

3×30 seconds

Letitia Wright Workout: Everyday Positivism and Focus

The above workout, as I said, can be utilized in a 3-6 day weekly split.

That's similar to the programming from the Black Panther cast's training (as we've seen a handful of others on the site already as well).

That being said, Letitia Wright doesn't necessarily follow this on a daily basis.

I would recommend utilizing meditation, yoga, Pilates, and other activity to get yourself going and healthy on a more day by day basis if you're looking to step into the 365 lifestyle of Letitia "Shuri" Wright.