

MALEFICENT INSPIRED WORKOUT ROUTINE



Bonus PDF File
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MALEFICENT INSPIRED WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Let's be honest: Maleficent isn't out there training. So, for this one we're going to be shooting for superhuman strength, flight (in the form of jumping strength), and a cosplay physique worthy of Maleficent. Are you ready? Time to get strong, ladies!

Day One: Chest and Triceps

Warm Up:

Stretch

Jog 800m

Workout:

Bench Press

4×12

Tricep Overhead Extension

4×12

Incline Bench Press

4×12

Tricep Pushdowns

4×12

Dips

4×25

Dragon Circuit:

4 Rounds for Time:

400m jog

25 Deadlifts

20 Squats

15 Bench Press

10 Overhead Presses

5 Power Cleans

Day Two: Back and Biceps

Warm Up:

Stretch

Jog 800m

Workout:

Deadlift

4×12

Bicep Curls

4×12

Lateral Pulldowns

4×12

Cable Rows

4×12

Chin Ups

4×25

Dragon Circuit:

4 Rounds for Time:

400m jog

25 Deadlifts

20 Squats

15 Bench Press

10 Overhead Presses

5 Power Cleans

Day Three: Dragon Chamber

Warm Up:

Stretch

Cardio:

30-60 min of varied cardio

Calisthenics:

200 Air Squats

150 Sit Ups

150 Push Ups

100 Dips

100 Lunges

75 Pull Ups

75 Leg Raises

Day Four: Shoulders and Traps

Warm Up:

Stretch

Jog 800m

Workout:

Military Press

4×12

Dumbbell Shrugs

4×12

Dumbbell Front Raises

4×12

One Arm Dumbbell Snatches

4×12

Push Ups

4×25

Dragon Circuit:

4 Rounds for Time:

400m jog

25 Deadlifts

20 Squats

15 Bench Press

10 Overhead Presses

5 Power Cleans

Day Five: Legs and Calves

Warm Up:

Stretch

Jog 800m

Workout:

Squats

4×12

Calf Raises

4×12

Leg Press

4×12

Hamstring Curls

4×12

Weighted Step Ups

4×12

Dragon Circuit:

4 Rounds for Time:

400m jog

25 Deadlifts

20 Squats

15 Bench Press

10 Overhead Presses

5 Power Cleans