

# WONDER GIRL WORKOUT ROUTINE



Bonus PDF File  
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# WONDER GIRL WORKOUT ROUTINE

## Training Volume:

4-6 days per week

## Explanation:

So if you've been around long enough you'll know that we love women to train essentially the same as men (I'll admit, we do like to add in some extra glute work here and there :P); for that reason I also tend to pair characters together who are similar (like I did with Arrowette and Arsenal recently) so that both our male and female routines is similar or even exact – just driving the point home even more. For that reason, considering Wonder Girl and Superboy's powers are so closely related (in the sense that we are focusing on super strength and flight/super leap), we will be seeing a virtually identical training regime for the ladies below (I MAY have swapped in some extra glute stuff).

## Wonder Girl Workout Routine Day One: Chest and Triceps

### Warm Up:

Stretch

10-15 minute jog

### Workout:

Bench Press

5×5

Close Grip Bench Press

4×6,8,10,12

Incline Bench Press

4×6,8,10,12

Chest Flyes

3×12

Overhead Tricep Extension

3×12

Weighted Dips

3×12-15

## **Wonder Girl Workout Routine Day Two: Back and Biceps**

**Warm Up:**

Stretch

10-15 minute jog

**Workout:**

Deadlift

5×5

Bicep Curls (BB or EZ Bar)

4×6,8,10,12

Bent Over Rows

4×6,8,10,12

Hammer Curls (DB or Cable)

3×12

Wide Pulldowns

3×12

Weighted Chin Ups

3×5-10

## **Wonder Girl Workout Routine Day Three: Shoulders, Traps and Delts**

**Warm Up:**

Stretch

10-15 minute jog

**Workout:**

Military Press

5×5

Barbell Shrugs

4×6,8,10,12

Upright Rows

4×6,8,10,12

Face Pulls

3×12

Shoulder Front Raises

3×12

Lateral Raises DB

3×12-15

## **Wonder Girl Workout Routine Day Four: Legs and Glutes**

**Warm Up:**

Stretch

10-15 minute jog

**Workout:**

Back Squats

5×5

Glute Bridges

4×6,8,10,12

Hamstring Curls or Kickbacks

4×6,8,10,12

Quad/Leg Extension

3×12

Box Jumps w/ Increasing Height

3×12

Weighted Jumping Lunges

3×12-15

## Wonder Girl Workout Routine: Additional Mixed Martial Arts and Parkour

If you want to step your game up and start training with mixed martial arts, these are some of the programs Coach Derek has created for us outside of [The Academy](#) to do so.

Check out 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.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.