

PEGGY CARTER WORKOUT ROUTINE



Bonus PDF File
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PEGGY CARTER “WHAT IF” WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're working with Captain Britain here. Six days a week might seem like high volume, but it's not when you have Super Soldier Serum and you need to work your butt off to achieve all those heightened powers we just listed (*yeah, I know if you DID have it, you wouldn't have to work your butt off, but you don't, so here we are*).

Peggy Carter Captain Britain Workout: Weekly Schedule

Monday: Push Day

Tuesday: Calisthenics and HIIT Speed Training

Wednesday: Pull Day

Thursday: Long Distance Endurance Training

Friday: Lower Body Weight Training

Saturday: Rest Day (Absolutely Necessary)

Sunday: The Murph Challenge

Peggy Carter Captain Britain Workout: Push Day

Warm Up:

Jog 1 Mile (use these warm ups to slowly work your way up to jogging a full mile and get quicker and quicker; it's okay to run/walk at first).

Workout:

Incline Bench Press

4×12

Seated Tricep Overhead Extension

4×12

Chest Flyes (Machine or DB)

3×10

Tricep Cable Kickbacks

3×10

Core:

Hanging Leg Raises

3×25

Sit Ups

3×25

Peggy Carter Captain Britain Workout: Calisthenics and HIIT Speed Training

Warm Up Calisthenics Work:

5 Round Superset (break between rounds, not exercises):

- 10 Pull Ups
- 15 Dips
- 20 Knee Raises
- 25 Push Ups

HIIT Speed Training:

30 Minutes of High Intensity Interval Training on Treadmill as follows:

30 Seconds ON: SPRINT at 7.5-10+ mph

1 minute 30 seconds OFF: Walk at 2.5-3.5 mph.

Peggy Carter Captain Britain Workout: Pull Day

Warm Up:

Jog 1 Mile (use these warm ups to slowly work your way up to jogging a full mile and get quicker and quicker; it's okay to run/walk at first).

Workout:

Barbell Deadlift

4×12

Alternating Dumbbell Bicep Curls

4×12 each arm

Bent Over Rows

3×10

Wide Lateral Pulldowns

3×10

Core:

Lying Leg Raises

3×25

V-Ups

3×25

Peggy Carter Captain Britain Workout: Long Distance Endurance Work

Alright here's where you better get your running shoes.

Our Captains are also military men and women so you're going to be running.

Get out there and do 3-5+ miles!

Peggy Carter Captain Britain Workout: Legs Day

Warm Up:

Jog 1 Mile (use these warm ups to slowly work your way up to jogging a full mile and get quicker and quicker; it's okay to run/walk at first).

Workout:

Back Squats

4×12

Leg Press

4×12

Hamstring Curls

3×10

Quad Extension

3×10

Core:

Hanging Knee Raises with Twist

3×25

Cable Crunches

3×25

Peggy Carter Captain Britain Workout: The Murph Challenge

For those of you who don't know The Murph Workout...you're about to.

It's what our Soldier DLC Challenge is based around inside our Academy, and it's brutal!

Get ready...

Complete for time:

- 1 mile run
- 100 pull ups
- 200 push ups
- 300 squats
- 1 mile run

....in a weighted 20 lb. vest.