

# SCARLET WITCH WORKOUT ROUTINE



Bonus PDF File  
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# SCARLET WITCH WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

So in the comics we see a lot of legs, and often times a toned stomach and body from Scarlet Witch. For that reason we're going to be training to slim down and tone up. This won't require anything crazy, but it will require four to five sessions a week depending on how fast you'd like to progress.

## Difficulty Level:

Beginner to Intermediate

*When we do our celebrity and character workouts we base the difficulty level off of their routines/their powers. For this one it's just a judgement call on how I believe we can best get you looking like each character. For that reason I'm providing a level for each.*

For Scarlet Witch, considering she's only our second ever in this category, we'll be keeping it fairly easy.

## Scarlet Witch Workout: Upper Body Workout

### Warm Up:

You can warm up with your required 20 minute incline walk.

## **Workout:**

Stability Ball Dumbbell Bench Press

3×10

Stability Ball Dumbbell Shoulder Press

3×10

Kettlebell Swings

3×10

Tricep Triset (*don't break until after all three are completed one round, then rinse and repeat*):

A. Tricep Cable Pushdowns

3×10

B. Tricep Cable Overhead Extension

3×10

C. Tricep Cable Kickbacks

3×10 each arm

Dumbbell Bent Over Rows [On Bench]

3×10 each arm

Assisted Dips

3×10

## **Scarlet Witch Workout: Lower Body Workout**

### **Warm Up:**

You can warm up with your required 20 minute incline walk.

### **Workout:**

Leg Press

3×10

Straight Leg Deadlift (w/ Kettlebell or Dumbbells)

3×10

Glute Bridges

3×10

Leg/Glute Triset (*don't break until after all three are completed one round, then rinse and repeat*):

A. Goblet Squat (w/ KB or DB)

3×10

B. Weighted Lunges w/ DB [at sides]

3×10 each leg

C. Cable Pullthroughs

3×10

Hamstring Kickbacks w/ Cable or Machine

3×10

Assisted Chin Ups

3×10

## **Scarlet Witch Cosplay Workout: Weekly Schedule Variation One (4-5 Days Per Week)**

**Monday:** 20 Minute Incline Walk and Upper Body Workout

**Tuesday:** 20 Minute Incline Walk and Lower Body Workout

**Wednesday:** Off Day or 60 Minutes Varied Cardio to Boost Fat Loss

**Thursday:** 20 Minute Incline Walk and Upper Body Workout

**Friday:** 20 Minute Incline Walk and Lower Body Workout

**Saturday:** Off Day

**Sunday:** Off Day

## **Scarlet Witch Cosplay Workout: Weekly Schedule Variation One (3+ Days Per Week)**

**Week One:**

**Monday:** 20 Minute Incline Walk and **Upper** Body Workout

**Tuesday:** Off Day or 60 Minutes Varied Cardio to Boost Fat Loss

**Wednesday:** 20 Minute Incline Walk and **Lower** Body Workout

**Thursday:** Off Day or 60 Minutes Varied Cardio to Boost Fat Loss

**Friday:** 20 Minute Incline Walk and **Upper** Body Workout

**Saturday:** Off Day

**Sunday:** Off Day

**Week Two:**

**Monday:** 20 Minute Incline Walk and **Lower** Body Workout

**Tuesday:** Off Day or 60 Minutes Varied Cardio to Boost Fat Loss

**Wednesday:** 20 Minute Incline Walk and **Upper** Body Workout

**Thursday:** Off Day or 60 Minutes Varied Cardio to Boost Fat Loss

**Friday:** 20 Minute Incline Walk and **Lower** Body Workout

**Saturday:** Off Day

**Sunday:** Off Day