

MARIA SHARAPOVA WORKOUT ROUTINE



Bonus PDF File
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MARIA SHARAPOVA WORKOUT ROUTINE

Training Volume:

5-6 days a week, 6 hours a day

Explanation:

I'm going to be giving you the exact format that Sharapova gave us in interviews, but I'll break it down a bit more and give you some extra structure to it. I'll also be sharing a leg workout that Sharapova shared with *PopSugar* if you guys would like to either add this in as extra work, or even into some other programming you're working with.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Maria Sharapova Workout: A Day In The Life

Warm Up:

Stretch

Jog on the beach

For the sake of giving you some extra details we'll have you warm up with a 15-30 minute jog depending on your fitness level.

Tennis Practice:

2 Hours of Coaching/Practice

Now, if you can get to a tennis court and play for 2 hours to really replicate this the right way, that would be awesome. If not, you can really up your cardio game as Sharapova is obviously burning A TON of calories each day throughout the course of all her training.

Core Workout:

Sharapova's exercises for the next section vary with her trainer, but I'll build you some circuits based on pics of her that I could find doing specific movements!

Core Circuit: Complete 3 Rounds

26 Bicycle Crunches

26 Mountain Climbers

26 Lying Leg Raises

26 Second Reverse Superman Hold

26 Flutter Kicks

Pilates:

Pilates is heavily core so there's a good chance Sharapova is combining the two when she mentions her core and Pilates training in her interview.

For that reason I'm adding this section so you know it's okay to go ahead and take advantage of the above circuit, but it's even better if you hop into a local Pilates class or even find one on YouTube and start whipping your own butt!

Interval Training:

Sharapova mentions: "interval sessions on the bike or on hills and sand dunes", but I won't expect you to be able to hit the hills or sand dunes daily, so I will give you a great 20-30 minute HIIT workout on the bike!

Bike HIIT for 20-30 Minutes:

One Minute ON: Keep RPMs above 100 and Level 7-12

One Minute OFF: Steady RPMs 50-75 and Level 3-5

Maria Sharapova Leg Workout Bonus:

Kneeling ball roll out

Hex bar deadlifts

Reverse lunges on a slideboard

Shoulders-elevated single-leg hip thrust

Maria doesn't specify her set and rep scheme, but we suggest doing three to four sets of 10-12 reps for each exercise.