

PAIGE WWE WORKOUT ROUTINE



Bonus PDF File
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PAIGE WWE WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Paige mentions 3-4 days per week, but that doesn't include her in-the-ring training and any extra cardiovascular activity that comes from actually being in the ring. We'll be stepping it up a notch and training 5+ days per week for this one.

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.

Paige Workout: Sample Weekly Workout Schedule

Monday: Sprints and Push

Tuesday: Calisthenics and CrossFit Workout

Wednesday: Sprints and Pull

Thursday: Calisthenics and CrossFit Workout

Friday: Sprints and Legs

Saturday: Optional Murph Day!

Sunday: Rest

Paige Workout: Sprints and Push

Warm Up:

Walk 5-10 Minutes

Sprints:

Total Time: 20-30 Minute

- Sprint 30 Seconds (8-10+ mph)
- Walk 90 Seconds (2-3.5 mph)

Workout:

Bench Press Machine

4×10

Tricep Cable Pushdown w/ Bar

4×10

Seated Arnold Press

4×10

Single Arm DB Snatch

4×10 each arm

Incline Dumbbell Press

4×10

Upright Rows w/ EZ Bar

4×10

Paige Workout: Calisthenics and CrossFit WOD

Warm Up:

Walk 5-10 Minutes

Calisthenics:

Push Ups

4×25

Air Squats

4×20

Dips

4×15

Chin Ups

4×10

CrossFit WOD:

Select From Below

Paige Workout: Sprints and Pull

Warm Up:

Walk 5-10 Minutes

Sprints:

Total Time: 20-30 Minute

- Sprint 30 Seconds (8-10+ mph)
- Walk 90 Seconds (2-3.5 mph)

Workout:

Close Grip Pulldowns (Chin Up Grip)

4×10

Cable Rows

4×10

Bent Over Single Arm Cable Rows

4×10

Standing EZ Bar Curls

4x10

Alternating Hammer Curls w/ DB

4x10

Wide Grip Pulldown Machine

4x10

Paige Workout: Calisthenics and CrossFit WOD

Warm Up:

Walk 5-10 Minutes

Calisthenics:

Push Ups

4x25

Air Squats

4x20

Dips

4x15

Chin Ups

4x10

CrossFit WOD:

Select From Below

Paige Workout: Sprints and Push

Warm Up:

Walk 5-10 Minutes

Sprints:

Total Time: 20-30 Minute

- Sprint 30 Seconds (8-10+ mph)
- Walk 90 Seconds (2-3.5 mph)

Workout:

Back Squat

4x10

Leg Press

4x10

Dip Machine Leg Pushdown

4x10

Glute Bridges w/ EZ Bar

4x10

Bulgarian Split Squats

4x10 each leg

Quad/Leg Extensions

4x10

Paige Workout: CrossFit WOD Selection

Each WOD From Hell is taken from a CrossFit Athlete courtesy of [TheBoxMag!](#)

WOD From Hell:

15 barbell cleans (155 pounds/100 pounds)

30 toes-to-bars

30 box jumps (24"/20")

15 muscle-ups (females: 10 muscle-ups)

30 push presses (40-pound dumbbells/25-pound dumbbells)

30 double-unders

15 thrusters (135 pounds/95 pounds)

30 pull-ups

30 burpees

300 feet overhead walking lunges (45-pound plate/25-pound plate)

WOD From Hell 2:

Three Rounds of:

7 deadlifts (345 pounds)

7 ring muscle-ups

Three Rounds of:

21 toes-to-bars

21 wall balls

100-foot farmer's carry (100-pound dumbbells)

28 burpee box jumps

100-foot farmer's carry

3 muscle-ups

WOD From Hell 3:

Pendleton 2 Event at 2012 CrossFit Games:

Swim: 700 meters

Bike: 8 kilometers

Run: 11 kilometers

WOD From Hell 4:

20 hang squat snatches

50 double-unders

30 kettlebell thrusters

50 double-unders

40 toes-to-bars

Burpee broad jumps (across convention center floor,

roughly 20 yards)

40 barbell step-ups

50 double-unders

30 alternating single-arm kettlebell snatches

50 double-unders

20 bar muscle-ups

WOD From Hell 5:

“Miagi”

For Time:

50 deadlifts (135/95 pounds)

50 double-kettlebell swings (55/35 pounds)

50 push-ups

50 clean-and-jerks (135/95 pounds)

50 pull-ups

50 kettlebell "taters"

50 box jumps (24")

50 wall climbs

50 knees-to-elbows

50 double-unders

WOD From Hell 6:

Finals of the 2010 CrossFit Games:

Three Rounds of:

30 push-ups

21 overhead squats (65/95 pounds)

Wall rope climb between each element

(seven-minute cap)

Three Rounds of:

30 toes-to-bars

21 ground-to-overhead (95/65 pounds)

(seven-minute cap)

Three Rounds of:

5 burpee wall jumps

20-foot rope climbs (3 men/2 women)

(12-minute cap)

WOD From Hell 7:

“Sage”

AMRAP in 20 Minutes:

20 thrusters (135/95 pounds)

20 pull-ups

20 burpees

WOD From Hell 8:

10 overhead squats

10 box jumps

10 fat-bar thrusters

10 power cleans

10 toes-to-bars

10 burpee muscle-ups

Repeat in reverse, beginning with toes-to-bars

Paige Workout: [Optional] Murph Challenge

The Murph Challenge:

Complete w/ a 20 lb. Weighted Vest

1 Mile Run

100 Pull Ups

200 Push Ups

300 Air Squats

1 Mile Run