

MACKENZIE DAVIS WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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MACKENZIE DAVIS WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

Mackenzie Davis shares that her workout consisted of 4 days a week which led to 6 days a week so I'll be building you one that can function as either. We'll have an Upper/Lower Body Split that you'll use 4 days a week, and then you can also add in extra days which I'll program for you as well.

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.

Mackenzie Davis Workout: Sample Workout Routine

Schedule

Monday: Upper Body Workout

Tuesday: Lower Body Workout

Wednesday: Off Day or Additional Training

Thursday: Upper Body Workout

Friday: Lower Body Workout

Saturday: Off Day or Additional Training

Sunday: Off Day or Additional Training

Mackenzie Davis Workout: Upper Body Workout A

Warm Up:

If you're looking to shred some extra fat I suggest doing 20-30 minute of HIIT training on the treadmill.

If you're just looking for a basic warm up I suggest a high incline walk for 10-20 minutes.

Workout:

Incline Machine Bench

4x12

Thrusters

4x12

Seated Arnold Press

3x10

Flat DB Bench Press

3x10

Wide Grip Cable Rows

3×10

Wide Grip Lateral Pulldowns

3×10

Standing Dumbbell Curls

3×10 each arm

Mackenzie Davis Workout: Lower Body Workout A

Warm Up:

If you're looking to shred some extra fat I suggest doing 20-30 minute of HIIT training on the treadmill.

If you're just looking for a basic warm up I suggest a high incline walk for 10-20 minutes.

Workout:

Back Squat

4×12

Straight Leg Deadlifts

4×12

Leg Press

3×10

Hamstring Curls (Machine)

3×10

Quad/Leg Extension (Machine)

3×10

Glute Bridges

3×10

Kettlebell Swings

3×10

Mackenzie Davis Workout: Upper Body Workout B

Warm Up:

If you're looking to shred some extra fat I suggest doing 20-30 minute of HIIT training on the treadmill.

If you're just looking for a basic warm up I suggest a high incline walk for 10-20 minutes.

Workout:

Standing Barbell Overhead Press

4×12

Clean and Press w/ EZ Bar

4x12

Kettlebell Swings

3x10

Incline Bench Press

3x10

DB Romanian Deadlifts

3x10

Face Pulls

3x10

Cable Hammer Curls w/ Rope

3x10

Mackenzie Davis Workout: Lower Body Workout B

Warm Up:

If you're looking to shred some extra fat I suggest doing 20-30 minute of HIIT training on the treadmill.

If you're just looking for a basic warm up I suggest a high incline walk for 10-20 minutes.

Workout:

Bulgarian Split Squats

4×8 each leg

Cable Pullthroughs

4×12

Seated Calf Raises

3×10

Hamstring Kickback (Machine or Cable)

3×10

Hack Squat

3×10

Weighted Lunges

3×10 each leg

Hip Extension Machine

3×10

Mackenzie Davis Workout: Bonus Training Options

BONUS DAY OPTION ONE:

Morning HIIT (High Intensity Interval Training)

30 minutes of HIIT on the treadmill as follows:

1 minute off – 2.5-3.5 mph walk

1 min on – 5-10 mph fast jog/sprint

Afternoon Weights

3 Round Superset:

Chest Flys x 10

Dips x Failure

3 Round Superset:

Arnold Presses x 10

Pull Ups (or Assisted/Pike Push Ups) x Failure

3 Round Superset:

Deadlifts x 10

Push Ups x Failure

3 Round Superset:

Leg Press x 10

Box Jumps x 20

Core Work

3 Rounds (Break Between Each)

50 Crunches

25 Leg Lifts

20 Flutter Kicks

15 Second Reverse Superman Hold

3 Rounds (Break Between Each)

1 Min Plank Holds

BONUS DAY OPTION TWO:

Morning HIIT (High Intensity Interval Training)

30 minutes of HIIT on the treadmill as follows:

1 minute off – 2.5-3.5 mph walk

1 min on – 5-10 mph fast jog/sprint

Afternoon Weights

3 Round Superset:

Barbell Bench Press x 10

Dips x Failure

3 Round Superset:

Power Cleans x 10

Pull Ups (or Assisted/Pike Push Ups) x Failure

3 Round Superset:

Lateral Pull Downs x 10

Push Ups x Failure

3 Round Superset:

Back Squat x 10

Box Jumps x 20

Core Work

3 Rounds (Break Between Each)

50 Crunches

25 Leg Lifts

20 Flutter Kicks

15 Second Reverse Superman Hold

3 Rounds (Break Between Each)

1 Min Plank Holds