

ZOHEY DEUTCH WORKOUT ROUTINE



Bonus PDF File
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ZOEY DEUTCH WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

Zoey Deutch was working out 6 days a week when preparing for Vampire Academy, but she normally just tends to stay active and make healthy decisions on a regular basis (although she is a foodie). That being said, if you'd like to step it up a notch and train like her Vampire Academy training I will share extra resources at the bottom to add to this programming. At its core this is a 3 day program which I will be pairing with exercises from Tracy Anderson's training Zoey specifically shared, and a few other options you can utilize 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.

Zoey Deutch Workout: Sample Workout Routine Schedule

Monday: Yoga, Weight Training and Butt Circuit

Tuesday: Yoga, Pilates and Cardio Circuit

Wednesday: Run/Walk, Spin, or Dance

Thursday: Yoga, Weight Training and Arms Circuit

Friday: Yoga, Pilates and Core Circuit

Saturday: Rest Day and Meditation/Yoga

Sunday: Rest Day and Meditation/Yoga

Zoey Deutch Workout: Tracy Anderson Workout(s)

Zoey Deutch specifically shared these exercises/movements with Teen Vogue from Tracy Anderson.

The Crunch Kick Workout:

- Stand Tall
 - Start in a standing position with your working leg stepped behind and your other leg slightly bent. Extend your arms over your head.
- Bend In
 - Tuck the working back leg into your chest as you bend your elbows down toward your knees.
- Lift Leg
 - From the tucked position, rest your hands on the front thigh as you extend the working leg straight back behind your body.
- Extend Long
 - Kick your working leg backwards into an arabesque position with your foot pointed backwards. Repeat steps one through three. Do thirty reps on each side.

The Squat Kick Workout:

- Get Low

- Start in a deep pli  with your heels up and your hands on your hips.
- Lean and Extend
 - Reach your hands to the floor and straighten your standing leg as you kick your working leg straight toward the sky.
- Lift High
 - Pull your torso upright as you karate-kick the working leg out to the side. Repeat steps one through three. Do thirty reps on each side.

Zoey Deutch Workout: Tracy Anderson / Kate Hudson Resource Alternative

Here's something I shared from Kate Hudson's routine, who also trained/trains with Tracy:

Of course if you can hop into a Tracy Anderson class that would be amazing.

But we're also lucky enough to have some videos that Tracy has done.

Here's a couple links you can utilize for an on-the-go workout:

- 10 Minute Workout: <https://youtu.be/gbMr8i9p1KM>
- 30 Min Metamorphosis Days 1-10: <https://youtu.be/JIFJiwazZbo>

Zoey Deutch Workout: Other Awesome Alternatives/Resources to Stay Fit/Healthy

Boxing/MMA Training Resources

Obviously your best move is going to be to hit the gym and work with a trainer one on one, a sparring partner or even a trainer/coach to guide you threw bag

work, shadowboxing, and/or other techniques; even if it's just to burn calories and have fun.

That being said, I do have some other options for you here on the site.

SHJ Mixed Martial Arts Styled Routines:

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)
- [Anna Diop](#)
- [Frank Grillo](#)
- [Ryan Potter](#)

Alternative Cardio Options

- Hiking
- Walking Outdoors (Tracking information shared below)
- Jump Rope
- Running
- Rowing Machine
- Elliptical
- Bike

Final Alternatives (with links):

Parkour Workout: [Nightrunner Workout Routine](#)

Swimming Workout: [Speedo Beginner Training](#)

Full Body Training Day

Shared from Gigi Hadid's Workout

Warm Up:

20-30 Minutes of Varied Cardio

(Boxing, Biking, Treadmill, Elliptical, Rower, etc.)

Workout:

Circuit One:

3 Rounds

20 Jump Ropes

15 Kettlebell Swings

10 Banded Donkey Kicks (Each Leg)

5 Straight Leg Deadlifts

Circuit Two:

5 Rounds

30 Bicycle Crunches

25 Second Plank

20 Box Jumps

15 Cable Pullthroughs

10 Dumbbell Thrusters

Final Circuit:

3 Rounds

20 Alternating Bicep Curls

15 Overhead Tricep Extensions

1 Minute Shadowboxing

Off Day Step Tracking

Like we've seen with [Ariana Grande's workout](#), Deutch is extremely active.

Grande often tracks her steps, which is a great addition to our Deutch style training.

Tracking your Steps:

Elite Tracker: 10k+ Steps for the day

Moderate Tracker: 5-7k Steps for the day

Beginner Tracker: 3-5k Steps for the day

