

BREC BASSINGER WORKOUT ROUTINE



Bonus PDF File
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BREC BASSINGER WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Obviously Brec Bassinger has a pretty full schedule now that she's Stargirl; so her training is more diverse than ever. That being said, we know she has a background in gymnastics, and competitive Cheerleading so we're going to be working with 3 days of calisthenics, cardio, and core work and then another 2 days devoted to cardio (which SHOULD be activity like hiking, similar to Bassinger, but can be in the form of combat training like she did for the show using resources we have, or the endurance work I share).

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.

Brec Bassinger Workout: Sample Workout Routine Schedule

Monday: Calisthenics, Cardio/Circuits and Core A

Tuesday: Cardio, Hiking, Activity or MMA Training

Wednesday: Calisthenics, Cardio/Circuits and Core B

Thursday: Cardio, Hiking, Activity or MMA Training

Friday: Calisthenics, Cardio/Circuits and Core C

Saturday: Active Rest Day

Sunday: Rest Day or Track 5-10k+ Steps

Brec Bassinger Workout: Calisthenics, Cardio/Circuits and Core A

Warm Up:

Light Yoga/Movement

Calisthenics and Core:

Air Squats

3×25

Chair Dips

3×15

Lying Leg Raises

3×25

Donkey Kicks

4×20 each leg

Knee Push Ups

3×15

Cardio/Circuit Finisher:

2 Rounds for Time

50 Jump Ropes or Jumping Jacks

40 Mountain Climbers

30 Jumping Lunges

20 Bicycle Crunches

10 Burpees

Brec Bassinger Workout: Calisthenics, Cardio/Circuits and Core B

Warm Up:

Light Yoga/Movement

Calisthenics and Core:

Pause Squats

3×25

Pike Push Ups

3×15

Hanging Leg Raises

3×25

Fire Hydrants

4×20 each leg

Explosive Knee Push Ups

3×15

Cardio/Circuit Finisher:

3 Rounds for Time

10 Jump Squats

20 Planking Shoulder Taps

10 Lunges

20 Plank to Push Ups

10 Second Hollow Hold

Brec Bassinger Workout: Calisthenics, Cardio/Circuits and Core C

Warm Up:

Light Yoga/Movement

Calisthenics and Core:

Goblet Squats w/ Light Object

3×25

Calisthenic Tricep Extensions

3×15

V-Ups

3×25

Glute Bridges

4×20

Close to Wide Knee Push Ups

3×15

Cardio/Circuit Finisher:

3 Rounds for Time

20 One Legged Skips (Right Leg)

10 Push Ups

20 Double Unders

10 Dips

20 One Legged Skips (Left Leg)

Brec Bassinger Workout: Cardio, Hiking, Activity or MMA Training

Bassinger mentions going hiking on her off days, and her Instagram and social feeds prove that she's quite active.

This doesn't even account for the fact that she has days of shooting for 14+ hours on her feet.

That being said, we're going to want to replicate this type of activity.

This can be done with:

- Hiking (most similar to Bassinger)
- SPIN Class or Biking
- Rowing
- Mixed Martial Arts (Resources Provided Below)
- Swimming
- Other Endurance Work

If you'd like to take on other endurance work, for example, you can check out these articles for Couch to 5K programs and more:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)

We also have a handful of Mixed Martial Arts programs and resources you can use here at SHJ as well:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

Brec Bassinger Workout: Bonus Plank Challenge!

On multiple occasions Bassinger has done a plank challenge.

On her Instagram live videos she has done a 5 minute challenge and on her YouTube she has shared 10 minute challenge.

For that reason we're going to have a bonus challenge for you to get your core ready and plank 5-10 minutes.

Work your way up and see if you can take on Bassinger's 10 minute challenge!