

ELLEN POMPEO WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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ELLEN POMPEO WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

Pompeo's routine is going to consist of being active and healthy. On days you aren't training you're going to want to still work on getting your 10,000 steps in (hence the 3-5+ days per week). This will also revolve around me giving you a variety of resources to utilize from the site, but also involve fitness classes very similar to Pompeo's style.

Bonus Note:

If you aren't able to make it into classes or find the style of training that best fits Pompeo's, the closest thing we have is our [SHJ Legacy Program](#), which can be done with or without weight and has a daily workout routine that changes and scaled every single day for each individual.

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.

Ellen Pompeo Workout: Sample Workout Routine Schedule

Monday: Pilates, SPIN or Cross-Training

Tuesday: Running, Hiking or 10k Steps

Wednesday: Pilates, SPIN or Cross-Training

Thursday: Running, Hiking or 10k Steps

Friday: Pilates, SPIN or Cross-Training

Saturday: 5-10K Steps and Rest

Sunday: 5-10K Steps and Rest

Ellen Pompeo Workout: Pilates, SPIN, or Cross-Training

This part is fairly straight-forward.

You can hit a class like Pilates, SPIN, or even a cross-training class (or yoga); or you can use one of the cross-training workouts we have here on the site.

If you want a new routine daily you can even use our [Legacy Program](#), but here's a list of other options for you to take advantage of:

Celebrity Calisthenics Workouts

- [Jason Statham Workout Routine and Diet Plan](#)
- [Stephen Amell Workout Routine and Diet Plan](#) (Version One)
- [Ian Somerhalder Workout Routine and Diet Plan](#)
- [Liam Hemsworth Workout Routine and Diet Plan](#)
- [James Franco Workout Routine and Diet Plan](#) (Beginner Friendly)
- [Mark Consuelos Workout Routine and Diet Plan](#) (One of my favorites)

Character Inspired Calisthenics Workouts

- [SHIELD / DEO Beginner Workout](#) (Beginner Friendly)

- [Ryu Hayabusa Workout Routine](#)
- [Yoda Workout Routine](#) (Very Unique and Fun)
- [Arsenal Workout Routine](#)
- [Black Canary Workout](#) (Additional Gymnastic Training + Core)

And the best thing to do would be to then pair it with some cardio based training methods like the ones we've seen in workouts like the ones that follow.

Cardio Based Workout Routines

- [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](#)