

# ELLEN POMPEO WORKOUT ROUTINE



Bonus PDF File  
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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](#)