

ERIN MORIARTY WORKOUT ROUTINE



Bonus PDF File
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ERIN MORIARTY WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

As I mentioned above: Erin Moriarty's workout consists of long walks, hiking and being active in general. Being that a lot of people are here to achieve Moriarty's physique I'll be building the workout below based on other celebrities we've seen (and their workouts) that have similar physiques as her.

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.

Erin Moriarty Workout: Sample Workout Routine Schedule

Monday: Cardio, Circuit and Core A

Tuesday: Walking and/or Hiking

Wednesday: Cardio, Circuit and Core B

Thursday: Walking and/or Hiking

Friday: Cardio, Circuit and Core C

Saturday: Active Rest Day

Sunday: Rest Day

Erin Moriarty Workout: Cardio, Circuit and Core A

Cardio:

20-30 Minutes of Varied Cardio

Circuit A:

3 Rounds:

5 Burpees

10 Jumping Lunges

5 Inch Worms

10 Air Squats

5 Jumping Jacks

Core A:

Planks

3×60 seconds

Lying Leg Raises w/ Thrust

3×25

V-Ups

3×20

Erin Moriarty Workout: Cardio, Circuit and Core B

Cardio:

20-30 Minutes of Varied Cardio

Circuit B:

5 Rounds:

20 Jump Rope

15 Jump Squats

10 Half Burpees

Core B:

Side Planks

3×30 seconds each side

Hanging Leg Raises

3×25

Sit Ups

3×20

Erin Moriarty Workout: Cardio, Circuit and Core C

Cardio:

20-30 Minutes of Varied Cardio

Circuit C:

1 Round:

60 Double Unders

50 Mountain Climbers

40 Second Hollow Hold

30 Air Squats

20 Push Ups

10 Burpees

Core C:

Russian Twists

3×30

Hanging Side Knee Raises

3×20

Side Sit Ups

3×20

Erin Moriarty Workout: Walking and/or Hiking

Obviously you can get out there and hike or choose some of activity (I'll also give you guys some MMA Resources as well being that we heard Moriarty did some in preparation for The Boys), but I want to give you a basis to work with when it comes to walking and hitting your steps as well.

So let's start with some scaling based on fitness levels:

Beginner: Track 5k Steps

Intermediate: Track 10k Steps

Advanced: Track 15-20k Steps

And then you also have our mixed martial arts resources that you could potentially utilize as well.

MMA Resources to consider:

- [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](#)