

KERRY WASHINGTON WORKOUT ROUTINE



Bonus PDF File
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KERRY WASHINGTON WORKOUT ROUTINE

Training Volume:

3-4 days per week

Explanation:

We're going to be utilizing Pilates, yoga and activities like hiking and getting outdoors to get into Washington-like shape!

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.

Kerry Washington Workout: Sample Workout Routine Schedule

Monday: Pilates Training

Tuesday: Yoga and/or Hiking or Active Rest

Wednesday: Pilates Training

Thursday: Yoga and/or Hiking or Active Rest

Friday: Pilates Training

Saturday: Pilates, Yoga and/or Hiking or Active Rest

Sunday: Rest Day

Kerry Washington Workout: Shape Shared 15-Minute Pilates Workout

This workout is shared by Shape.com and Washington's trainer Nonna Gleyzer.

This Pilates workout from celebrity trainer Nonna Gleyzer works your entire body but pays extra attention to the lower abs. The low-impact toning moves work your muscles to exhaustion without risk of injury, so you'll always feel as good as you look!

How it works: Do 1 set of each exercise in order, with little to no rest between moves. For best results, do this workout up to four days per week, alternating it with 45 minutes of cardio on a treadmill or elliptical machine.

Total Time: up to 15 minutes

You will need: Foam roller, Resistance band, Towel

Up-and-Down Shoulder Toner

A. Stand in a split stance with left foot on center of a resistance band, right foot behind body. Bend both knees slightly. Place wrists inside handles of band with palms facing down and hands to your sides. Keep the handle of band slightly higher than edge of wrists for best support. Pull stomach in and keep shoulders down during the entire movement.

B. Lift arms out to sides of shoulders and inhale. Bring arms back down to the starting position while you exhale. That's one rep. Complete all reps on one leg. Repeat on the other side.

Sets: 2

Reps: 10

Shoulder-Sculpting Circles

A. Keep wrists inside handles of resistance band with palms facing down, bring arms in front of body to shoulder height.

B. Bring arms out to each side with fingertips reaching toward opposite walls. Lower arms, moving in a circular motion. That's one rep. Repeat movement in opposite direction to complete one rep. Do all reps with left leg forward, then repeat on the other side.

Sets: 2

Reps: 10

Double Leg Extension

A. Lie faceup with a foam roller under lower back and towel under neck for support. Brace core in tight and place hands on each side of roller.

B. Keeping core tight, lift knees to chest.

C. Straighten knees and extend feet diagonally, hold for 1 beat and then return to chest. That's one rep.

Sets: 1

Reps: 10

Double Leg Stretch

A. Lie faceup with lower back on a foam roller, knees bent in toward chest, and hands on each side of the roller.

B. Straighten legs and stretch feet straight up to the ceiling, keeping toes pointed. Hold for 1 beat and then slowly return to the starting position. That's one rep.

Sets: 1

Reps: 10

Hamstrings Warm-Up

A. Lie faceup with lower back on foam roller, hands on each side. Raise legs straight up to ceiling with toes pointed and core tight.

B. Keeping legs straight up, flex toes. Hold for 1 beat, then point again. That's one rep.

Sets: 1

Reps: 10

Big Walking

A. Start with lower back on foam roller, hands on each side, legs straight up to ceiling with toes pointed and core tight.

B. Scissor legs, right leg toward top of head, left leg toward the floor, keeping core tight.

C. Switch legs, keeping toes pointed and core tight. That's one rep.

Sets: 1

Reps: 10

Shoulder Bridge

A. Lie faceup with knees bent, feet flat. Raise hips to a low bridge, core tight.

B. Without letting hips drop, extend right foot with toes pointed.

C. Without letting hips drop, extend leg further toward the ceiling, keeping toes pointed and core tight. Hold for 1 beat.

D. Flex foot and return to the starting position. That's one rep.

Sets: 2

Reps: 10

Booty Boosters

A. Lie faceup with knees bent, feet flat. Raise hips to a low bridge, core tight.

B. Squeezing glutes and tightening core, raise heels up and hold for 3 beats.

C. Lower heels and lift toes up. Hold for 3 beats. That's one rep.

Sets: 1

Reps: 10

Kerry Washington Workout: Hiking, Yoga and Active Rest Day

We also know that Washington utilizes yoga and loves to go hiking.

On your yoga and/or hiking days it's your decision which you're going to take advantage of.

You can use a YouTube video, some of the videos/tutorials inside [The Academy](#), or even go to an in-person class!

Kerry Washington Workout: Pilates Style Alternative from Dakota Johnson's Workout

The workout without repeating circuits is roughly 25 minutes.

Warm up – 2 minutes easy row

Cardio 1

Rowing intervals. 5 minutes. Use resistance of at least 80 per cent (moderate). Increase intensity by pushing and pulling harder. Don't worry too much about the speed and keep form. OR running intervals. 30 seconds sprint. 30 seconds rest. Repeat 5 times

OR

Without equipment, dancing in place or do intervals going up and down the stairs in your home for 5 minutes. Or jumprope for 3 minutes (because it is harder).

Circuit 1 – back and shoulders

Using light weights of 3-5 pounds

- **Reverse fly – 10 reps with right leg forward and 10 reps with left leg forward.**

Start by take a giant step forward with one leg and hinge forward at the hips holding dumbbells. Arms hang below your chest, head looks slightly down and in front of forward leg. Continue to hinge forward at the waist as you lift arms to almost parallel by squeezing shoulder blades together, pause at the top then lower slowly.

- **Half circle over head – 8 reps**

Begin by standing tall arms by side holding dumbbells palms forward. Raise arms in half circle to touch at the top, slowly lower back to start.

- **Hug a tree – 8 reps**

Begin standing tall arms by side holding dumbbells palms forward. Raise arms half way parallel to shoulders then, as if hugging a tree, move arms slightly rounded and forward in front of chest to touch knuckles. Pause and return by opening arms back to parallel and lower.

- **Lateral Raises – 8 reps**

Begin standing tall, with arms by your sides holding dumbbells, palms facing toward thighs. Raise your arms to the sides as you simultaneously rotate the heads of the dumbbells to face the ground. Imagine holding a jug of water and pouring out the water as you raise arms.

Pause at the top, then lower slowly.

- **Wall Flatteners – 20 reps**

Stand with your back against a wall, knees slightly bent, arms at 90 degrees against the wall.

Keep wrists and elbows against the wall and raise them six inches straight up, then lower to start.

Repeat circuit 2-3 times.

Cardio 2

Rowing or running intervals.

Circuit 2 – abs and triceps

Using light weights of 3-5 pounds

- **Lying Leg and Triceps Extension – 20 reps**

Lie on your back with your knees in tabletop, abs contracted, belly button pulled in. Hold your dumbbells in your hands with palms facing each other, elbows bent (make sure to not move your arms as you do this move). On an exhale, extend your legs on an angle (keep them higher if your back is weak, or reach your legs lower to the ground if you have stronger abs). Simultaneously perform a triceps extension by raising the dumbbells up toward the ceiling. Inhale, and lower arms back to start as you release legs back to tabletop.

- **Oblique rotation – 10 reps**

Begin sitting with your legs extended with a slight knee bend, holding dumbbells in each hand and arms extended forward. Lean back, keeping your abs contracted, and avoid a rounded back. Leading with your right arm, rotate to the right as far as you can, then back to center. Rotate to the left as far as

you can, then back to center. Complete the move by sitting up tall, simultaneously raising both arms above the head.

- **Walking Plank – 20 reps**

Begin at the top of push-up, and lower onto your right forearm. Then, lower onto your left forearm. Here you'll be in elbow plank position. Push up onto your right palm, then push up onto your left palm, ending up in high plank (top of a push-up). Repeat right-left-right-left for 10 reps, then try left-right-left-right for 10 more walking planks.

Repeat circuit 2-3 times

Cardio 3

Rowing or running intervals

Circuit 3 – core

- **Side plank rotation with hip lift – 10 reps on each side.**

Begin in a side plank, holding a dumbbell in your top hand, arm extended upward. Rotate toward the mat as you lower your arm, and reach it beneath your body while lifting your hips as high as you can.

Repeat once more.