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THE DAISY RIDLEY LAST JEDI INSPIRED WORKOUT PROGRAM

This Daisy Ridley Last Jedi Workout Program was designed based on Daisy's training videos to help people of this galaxy reach their greatest potential.

Link to Workout: <https://www.muscleandstrength.com/workouts/daisy-ridley-last-jedi-inspired-workout-program>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 7 Days

Time Per Workout: 60-90 Mins

Equipment: Bands, Barbell,

Bodyweight, Dumbbells,

Kettlebells

Author: Josh England

Monday: Full Body Strength Training

Exercise	Sets	Reps
Deadlift	3	8, 5, 3
T - Bar Row	3	8, 8, 6
Seated Lateral Raise	3	12
One Arm Landmine Push Press	3	8, 8, 6
Push Ups	3	10
Barbell Curls	3	10

Warm Up: Perform bodyweight and banded resistance exercises.
Cardio: Perform 20 - 30 Mins of preferred form of cardio.

Tuesday: Speed, Quickness, Plyometrics, & Abs

Exercise	Sets	Reps
If you have the resources to do so, perform speed, quickness, & plyometric drills (i.e. cone drills, speed ladder drills, & bounding / box jump drills).		
If you don't have the above resources, perform 15 - 20 Mins preferred form of HIIT Cardio.		
Ab Circuit		
Plank	3	20 Secs
Ab Crunch	3	10
Bicycle Crunch	3	10 Each Leg
Lying Heel Touches	3	10 Each Leg
Lying Floor Leg Raise	3	10

Wednesday: Full Body Strength Training

Exercise	Sets	Reps
Barbell Back Squat	3	8, 5, 3
Overhead Press	3	8, 8, 6
Bent Over Row	3	8, 8, 6
Lateral Raise	3	12
Barbell Walking Lunge	3	12 Each Leg
Spider Curls	3	10

Warm Up: Perform bodyweight and banded resistance exercises.
Cardio: Perform 20 - 30 Mins of preferred form of cardio.

Thursday: Speed, Quickness, Plyometrics, & Abs

Exercise	Sets	Reps
If you have the resources to do so, perform speed, quickness, & plyometric drills (i.e. cone drills, speed ladder drills, & bounding / box jump drills).		
If you don't have the above resources, perform 15 - 20 Mins preferred form of HIIT Cardio.		
Ab Circuit		
Plank	3	20 Secs
Ab Crunch	3	10
Bicycle Crunch	3	10 Each Leg
Lying Heel Touches	3	10 Each Leg
Lying Floor Leg Raise	3	10

Friday: Full Body Strength Training

Exercise	Sets	Reps
Dumbbell Lunge	3	8, 8, 6
Dumbbell Clean & Press	3	8, 5, 3 Each Side
Lateral Lunge	3	8
Stiff Legged Dumbbell Deadlift	3	8
Dumbbell Bench Press	3	10
Dumbbell Skullcrusher	3	10

Warm Up: Perform bodyweight and banded resistance exercises.
Cardio: Perform 20 - 30 Mins of preferred form of cardio.

Saturday: Full Body Circuit

Exercise	Sets	Reps
Turkish Get Up	3	8
Bodyweight Circuit		
Squat Jump	3	12
Push Up	3	12
Pull Up	3	12
Bodyweight Hip Thrust	3	12
Band Pull Apart	3	12

Cardio: Perform 20 - 30 Mins of preferred form of cardio.

Sunday: Active Recovery

Exercise	Sets	Reps
Active rest day: Perform a light activity such as hiking, rock wall climbing, or yoga.		