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SCARLETT JOHANSSON INSPIRED WORKOUT: TRAIN LIKE BLACK WIDOW

Work out like the The Avengers' Black Widow with this Scarlett Johansson inspired workout program. Read the article to learn about the workout program!

Link to Workout: <https://www.muscleandstrength.com/workouts/scarlett-johansson-workout-program>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 7 Days

Time Per Workout: 45-75 Mins

Equipment: Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar, Kettle

Bells, Medicine Ball

Author: Josh England

Workout Day 1: Full Body Strength Training

Exercise	Sets	Reps
1. Barbell Back Squat	5	8, 8, 8, 5, 3
2. Military Press	5	8, 8, 8, 5, 3
3. Barbell Lunge	3	12 Each
4. Chin Up	3	12, 10, 8
5. Dumbbell Row	3	12, 10, 8

Workout Day 2: Full Body Fat Loss Circuit

Exercise	Sets	Reps
1. Treadmill Warm Up	1	15 Mins*
2a. Push Up	5	5
2b. Air Squat	5	8
2c. Pull Up	5	3
2d. Lateral Lunge	5	5 Each
2e. Bicep Curl	5	5
2f. Tricep Pushdown	5	5
3. Jump Rope	1	10 Mins**
4a. Medicine Ball Slams	5	5
4b. Wall Balls	5	5
4c. Medicine Ball Oblique Toss	5	5 Each
4d. Medicine Ball Front Squat	5	5
4e. Medicine Ball Chest Pass	5	5
5. LISS Cool Down	1	5 Mins***

*3 Min Walk, 10 Min Jog climbing speed every minute on the minute, 2 Min Walk

**Alternate jump rope style upon each failure (one leg, 2 leg, alternating leg, double hop)

*** Perform on elliptical or stationary bike.

Workout Day 3: Active Recovery

Exercise	Sets	Reps
On your active recovery days, take a break from hitting the weight room and find a way to remain active outside of the gym that is not too strenuous to promote recovery.		
This is the perfect time to work on your mobility by performing yoga, SMR, or other forms of dynamic, active, or static stretching. Additionally, you can incorporate any extra cardio and/or core isolation work if you feel it is necessary.		
For Scarlett's active recovery days, she practiced MMA as understanding the combat sport was necessary for her to prepare for her role as Black Widow.		

Workout Day 4: Full Body Strength Training

Exercise	Sets	Reps
1. Trap Bar Deadlift	5	8, 8, 8, 5, 3
2. Barbell Bench Press	5	8, 8, 8, 5, 3
3. Bulgarian Split Squat	3	12 Each
4. Inverted Row	3	12
5. Hip Thrust	3	12, 10, 8

Workout Day 5: Active Recovery

Exercise	Sets	Reps
On your active recovery days, take a break from hitting the weight room and find a way to remain active outside of the gym that is not too strenuous to promote recovery.		
This is the perfect time to work on your mobility by performing yoga, SMR, or other forms of dynamic, active, or static stretching. Additionally, you can incorporate any extra cardio and/or core isolation work if you feel it is necessary.		
For Scarlett's active recovery days, she practiced MMA as understanding the combat sport was necessary for her to prepare for her role as Black Widow.		

Workout Day 6: Full Body Fat Loss Circuit

Exercise	Sets	Reps
1. Treadmill Warm Up	1	15 Mins*
2a. Kettlebell Row	5	5 Each
2b. Kettlebell Swing	5	5
2c. Kettlebell Press	5	5 Each
2d. Kettlebell Romanian Deadlift	5	5
2e. Kettlebell Goblet Squat	5	5
3. Water Rowing Machine	1	10 Mins**
4a. Dumbbell Curl	5	5
4b. Dumbbell Squat	5	5
4c. Dumbbell Overhead Extension	5	5
4d. Dumbbell Squat	5	5
4e. Dumbbell Hammer Curl	5	5
4f. Dumbbell Squat	5	5
4g. Dumbbell Kickback	5	5
5. LISS Cool Down	1	5 Mins***

*3 Min Walk, 10 Min Jog climbing speed every minute on the minute, 2 Min Walk

**Perform as HIIT with moderate-high intervals for 25-30 Secs and moderate rest intervals for 10-15 Secs.

*** Perform on elliptical or stationary bike.

Workout Day 7: Active Recovery

Exercise	Sets	Reps
On your active recovery days, take a break from hitting the weight room and find a way to remain active outside of the gym that is not too strenuous to promote recovery.		
This is the perfect time to work on your mobility by performing yoga, SMR, or other forms of dynamic, active, or static stretching. Additionally, you can incorporate any extra cardio and/or core isolation work if you feel it is necessary.		
For Scarlett's active recovery days, she practiced MMA as understanding the combat sport was necessary for her to prepare for her role as Black Widow.		