

Scarlett Johansson's Black Widow Workout

Try this Eric Johnson-designed fitness plan with a trainer to promote explosive movement and resilience.

Phase 1

This prep workout, done for up to six weeks, focuses on improving aerobic conditioning, restoring and improving mobility and stability and building Johansson's work capacity and vascular network.

Day 1

Exercise

Sets Reps

Primer:

Push-up to downward dog		3	5
Girona cable row	3	10	
Frog glute bridges	3	20	

To improve reaction time:

Explosive medicine ball slams	2	8
Lateral bounds	2	8

Strength training:

Trap bar deadlift — 3-second release	4	4-6
Hollow body push-ups	3	5-10
Front foot elevated split squats — hold stretch 2 seconds	3	8
Reverse crunch holds — 30 second holds	3	
Prone leg curl — hold contraction 2 seconds	3	15

Day 2

Sets Reps

Primer:

Windmills	3	5
Scapular pull-ups	3	10
Dead bugs — hold 5 seconds	3	5

To improve reaction time:

Explosive overhead medicine ball throws	2	8
Single-leg hops	2	5

Strength training:

Half-kneeling 1-arm shoulder press with heaviest weight possible — 3-second release	4	4-6
Neutral grip chin-ups — hold 2-3 seconds at top	4	3-5
Lateral raises — hold 2 seconds at top	3	10-12
Reverse grip pulldowns — 3-second release	3	8-10
Chest supported rear delt swings	3	20

Day 3

Rest or do conditioning, yoga or fight training

Conditioning:

- I. Incline treadmill walk (67 percent incline at 34 mph), bike or Concept 2 rower for 30-60 minutes with heart rate between 120 and 150 bpm
- II. Sprint or sled intervals at 75 to 80 percent of maximum effort, 8-15 reps of 15 seconds each, with 45 seconds between

Day 4	Sets	Reps
Primer:		
Half-kneeling cable lifts	3	8
Bear crawls forward and backward 30 feet	3	
Seated pike-ups	3	5-10
To improve reaction time:		
Explosive medicine ball side tosses	2	8
Step-up jumps	2	8
Strength training:		
Goblet squat — hold stretch for 3 seconds	4	6-8
Hollow body holds for 20 seconds each	3	
Snatch grip Romanian deadlifts — 3-second release	3	8
Kneeling punch outs — hold 5 seconds out	3	5
Single leg squat — 5-second release	3	5

Day 5	Sets	Reps
Primer:		
Pec minor dips	3	10
Rope face pulls	3	10
Side plank — hold for 30 seconds	3	
To improve reaction time:		
Explosive medicine ball chest passes	2	8
Squat jumps	2	5
Strength training:		
Incline dumbbell press — 3-second release	4	6-8
Wide supinated grip bent over rows — hold contraction for 2 seconds	4	8-10
Push-ups	3	max
Cable seated rows — 3-second release	3	10-12
Cable crossover triceps push-owns	2	15
Incline dumbbell curls	2	15

Day 6
Conditioning, yoga or fight training

Day 7
Rest

Phase 2

Emphasizes strength and hypertrophy, working from lower intensity with high volume to higher intensities with lower overall volume for max strength.

Day 1 - Lower Strength

Exercise	Sets	Reps
Thoracic extension drill	2	3
Seated pike up — toes pointed	2	5-10
Trap bar deadlift	6	wave loading: 5, 3, 2 x2
Hollow body push-ups	3	5-10
Bulgarian split squats	3	5 left, 5 right is one set
Dumbbell pullovers	4	15-20
Prone leg curls	3	8
Reverse crunch holds	3	30 secs

Day 2 - Upper Strength

Exercise	Sets	Reps
Barbell high pull	3	6
Handstand work — play, holds, progressions		3
Incline barbell press	6	wave loading: 5, 3, 2 x 2
Neutral grip pull-ups	5	max reps minus 1 each set
Wide supinated pulldowns — work up weight	3	8-10
Weighted push-ups	3	6-8
Single arm barbell preacher curls ,— EZ bar	3	6-10

Day 3

Rest

Day 4 - Delts & Arms

Exercise	Sets	Reps
Cable face pulls — use rope	2	12-15
Hyperextensions — forward and backward	2	12-15
High incline dumbbell lateral raises	3	12-15
Dumbbell lateral raise partials — heavy, keep moving	3	15-20
Standing military press	4	8-10
Bent-over rear dents	4	12-15
Dumbbell spider curls	3	10, 15, 20
Cable crossover triceps extensions	3	20, 15, 10

Day 5 - Lower Speed

Exercise	Sets	Reps
Primer:		
Overhead squats	2	10
L sits — holds	2	5x5

Speed training:

Back squat — 45 secs rest	8	3
Snatch grip rack pulls	4	4-6
Single leg pistol squat — progressions to full	4	3-5
Leg press	3	10-12
Hanging leg raises	3	10
Ab wheel rollout	3	10

Day 6 - Upper Dynamic**Exercise****Sets Reps****Primer:**

Overhead squats	2	10
Hollow body holds	2	30 sec

Speed training:

Dumbbell bench press	4	8, 8, 6, 4
Bent-over barbell rows	4	8
Dumbbell corkscrew flys	3	10-12
Seated cable rows	3	10-12
Rolling lying triceps extensions	3	8-10
Incline dumbbell biceps curls	3	10-12

Day 7**Rest****Phase 3**

Three weeks of this metabolic-focused workout gets Johansson to her peak performance.

Day 1**Exercise****Sets Reps****To improve reaction time:**

Rotational M slams with pushup to downward dog	2	10
1-arm farmer's walk	2	30 steps
3-way bounds (leaping from one leg to another in 3 directions)	2	20
Spiderman lunges	2	5 each (60 sec rest)

Strength training:

Deadlift	4	5 (15 sec rest)
Barbell hip thrusts	4	8 (15 sec rest)
Kettlebell swings	4	15 (90 sec rest)

Density (as many sets as possible in 5-8 minutes):

Standing dumbbell overhead laterals	10-20
Bent over dumbbell rear delta	10-20
Dumbbell overhead press	10-20

Hanging leg raises	3	10-15 (30 sec rest)
Ab wheel rollouts	3	10-15 (60 sec)

Day 2

To improve reaction time:

	Sets	Reps
Plyometric push-ups	2	5
Ice cream makers	2	5
3-way hops	2	5 each
Overhead squats — barbell overhead	2	5
Strength training:		
Incline dumbbell press	4	8
Neutral grip chin-ups	4	5-7
Sumo deadlifts — hold contraction for 2 seconds	3	10-12
Feet elevated push-ups — add 10 to 25 lbs. on back	3	max
Chest supported triceps kickbacks	3	20-15-10
Spider curls	2	10-15-20
Rower repeats	3-6	150 meters

Day 3

Rest

Day 4

To improve reaction time:

	Sets	Reps
Medicine ball side toss	2	8 each
Forward and backward bear crawls	2	30 feet
Alternating step up jumps	2	20
Farmer's walks	3	30 feet
Strength training:		
Prone leg curls	3	12-10-8 (45 sec rest)
Goblet squat	4	6 (15 sec rest)
Bulgarian split squat	4	8 each (15 sec rest)
Leg press, no lockout	4	15-20 (90 sec rest)
Dumbbell lateral raises	3	10 (15 sec rest)
Dumbbell lateral raise partials	3	20

Day 5

Core circuit:

	Sets	Reps
Stability ball deadbugs	3	10 each
Stability ball stir the pot — in plank on forearms	3	20
Stability ball pikes	3	10
Explosive kettlebell swings	75	
Push-ups		50
Strength training:		
Single arm dumbbell rows	4	6-8 (15 sec rest)
Inverted rows	4	10-12 (15 sec rest)

Cabled seated rows	4	12-15 (60 sec rest)
Close grip bench press	3	10
Triceps pushdowns	3	20 (60 sec rest)

Day 6

Complex (complete each exercise without rest or placing weight down, with barbell or dumbbells):

	Sets	Reps
Bent over rows	3-6	75
Romanian deadlift	3-6	
Hang clean	3-6	
Front squat	3-6	
Push press	3-6	50 (60-90 sec rest)
Finisher (choose one):		
Body weight squats	1	20
Alternating lunges or lunge jumps	1	10 each
Squat jumps	1	20

Day 7

Rest