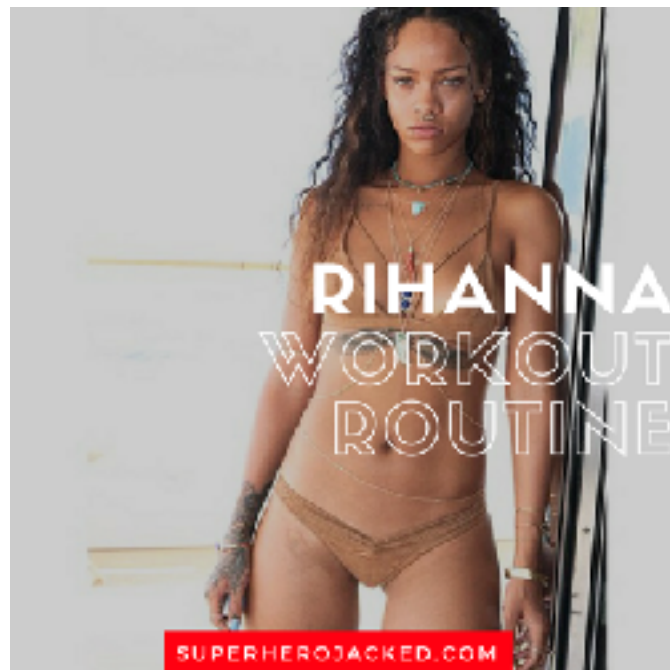


RIHANNA

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Rihanna

Workout Routine:

Training Volume:

5 days per week

Explanation:

Rihanna's training jumps around to a ton of different styles. She's extremely busy, but makes sure to try and get to the gym 5 days a week. I will be programming you a bunch of days based on her regime, and it's your job to utilize them to get in 5 days of training each week.

Day One: Powerlifting Hip-Hop Style

Warm Up:

Stretch

400m jog

Workout:

Bench Press

3×5

Back Squats

5×10,8,5,5,5

Weighted Step Ups

3×10

Straight Leg Deadlift

3×10

Military Press

3×10

Plank Holds

3×60 seconds

Front Hold Lunges (Barbell)

3×10

Day Two: Activity Day Rihanna Style

We know Rihanna gets active and does classes to stay in shape as well.

This day is your day to utilize your fitness.

You can go hiking, cycling (even take a spin class), do pilates – or anything that gets you moving and burning!

Get your Rihanna on! We've seen other celebs even do Hip-Hop fitness classes as well.

Day Three: Powerlifting Hip Hop Style Version Two

Warm Up:

Stretch

Jog 400m

Workout:

Deadlift

4×10,8,5,5

Jumping Lunges

3×20

Military Press

3×10

Mountain Climbers

3×20

Jump Squats

3×20

Plank Holds

3×60 seconds

Leg Press

3×10

Day Four: Shape.com Core Programming

Warm Up:

Stretch

Run 800m

Workout:

You'll Need: An exercise mat, some hot Rihanna tunes, and major girl power!

Full-Range Sit-Up

Start with your back on the floor with your heels secure, shoulder width apart. Leading with your chest up towards the ceiling, use the spine as it is in neutral position. Drive all the way up with your chest and once you reach your knees, extend your arms up and straight overhead. Your shoulders should be directly over your hips.

Complete 32 reps.

Sit-Ups with Torso Rotations:

Lie on your back with your right ankle resting on your left knee. Your right arm is placed on the floor out to the side. Keeping the right shoulder down, curl the left shoulder up to the right knee. Repeat with opposite limbs.

Complete 32 reps on each side.

Holding Plank:

Begin in the plank position with your forearms and toes on the floor. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending. Your head is relaxed and you should be looking at the floor.

Hold this position for 32 seconds, repeat 3 times.

Active Plank:

From plank position, take your right hand, lift it from the floor and drive it into yourself (forward and back) like you're tapping the floor. Think about the elbow striking something behind you.

Complete 32 reps on each side. Believe us, you will be exhausted.

Roman Rotator

Stand in a horse straddle, with your feet parallel in a wide squat position with your back flat. Take your arms and lift your elbows to shoulder height. Rotate left to right, right to left.