

# MEGAN FOX

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Megan Fox Workout Routine

## Training Volume:

3-5 Days a Week

### Explanation:

You should really get in 5 days a week being that the 3 days of programmed circuits are not very extensive and only take 45-60 minutes. The other 2+ days a week should be cycling, pilates, cardio, or yoga.

## Day One: Circuit Training

### Circuit One:

3 Rounds

30 Alternating Knee Crunches

20 Knee Push Ups

10 Burpees

### Circuit Two:

1 Round

60 Jump Ropes

50 Air Squats

40 Lunges

30 Box Jumps

20 V-Ups

10 Alternating One Legged Squats

### Circuit Three:

8 Minute Tabata

(20 seconds on one exercise, 10 second break, move onto the next and repeat)

Exercises: Mountain Climbers and Jumping Jacks

## **Day Two: Pilates, Cycling, Cardio**

Go for a long job, hit the elliptical for a hour, do a cycling class, or even some pilates!!!

Get active!

## **Day Three: Circuit Training**

### **Circuit One:**

3 Rounds

10 Jump Squats

20 Mountain Climbers

10 Jump Squats

20 Jumping Lunges

10 Jump Squats

### **Circuit Two:**

1 Round

60 Calorie Jog

50 Lunges

40 Burpees

30 Second Plank

20 Sit Ups

10 Wall Climbs

### **Circuit Three:**

8 Minute Tabata

(20 seconds on one exercise, 10 second break, move onto the next and repeat)

Exercises: V-Ups and Knee Push Ups

## **Day Four: Pilates, Cycling, Cardio**

Go for a long job, hit the elliptical for a hour, do a cycling class, or even some pilates!!!

Get active!

## **Day Five: Circuit Training**

### **Circuit One:**

3 Rounds

10 Inch Worms

15 Knee Push Ups

20 Sit Ups

15 Knee Push Ups

10 Inch Worms

### **Circuit Two:**

1 Round

60 Second Plank Hold

50 Leg Raises

40 Mountain Climbers

30 Air Squats

20 Box Jumps

10 Burpees

### **Circuit Three:**

8 Minute Tabata

(20 seconds on one exercise, 10 second break, move onto the next and repeat)

Exercises: Box Jumps and Alternating Knee Crunches