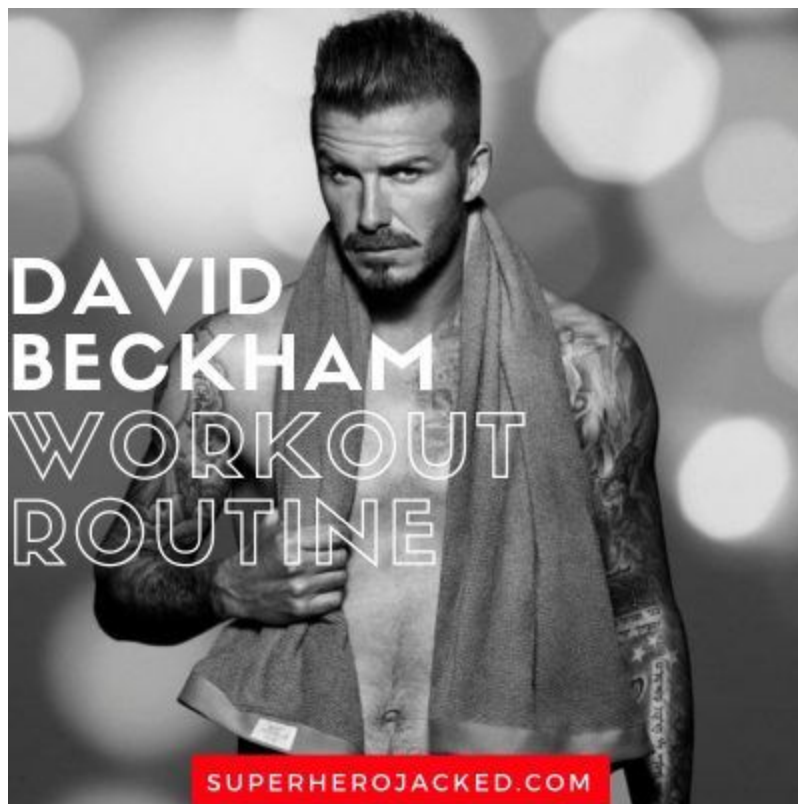


DAVID BECKHAM WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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DAVID BECKHAM WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to have some "fitness snacking" as David Beckham uses. We'll have bodyweight, plyometric, and cardio styled workouts to choose from, but also some other activities you can add in to keep moving.

David Beckham Fitness Snack Option One:

Gym Burn

Warm Up:

Stretch

Jog for 10-20 min

Gym Circuit:

5 Rounds for Time

50 yd. Sled Push

40 Push Ups

30 Second Battle Ropes

20 KB Goblet Squats

10 Kettlebell Swings

David Beckham Fitness Snack Option Two: On The Go Burn

Warm Up:

Stretch

Jog for 10-20 min

Gym Circuit:

5 Rounds for Time

40 Jump Squats

30 Push Ups

20 Leg Raises

10 Plank to Push Ups

5 Burpees

David Beckham Fitness Snack Option Three: Alternatives

The two workouts listed above are a great way to get in a quick “fitness snack”, and I made sure to use movements that Beckham and his son have been seen doing together. That being said, Beckham has also talked about getting in these “snacks” in other formats. I will list a few for you below.

Cardio Fitness Snacks:

20-60 minutes of cardio on one or varied between the options below:

Treadmill, Elliptical, Stairmaster, Bike

My favorites are a variation of the first three, 20 minutes each on cardio day.

Activity Day Fitness Snacks:

Hiking, Rock Climbing, Sports (Soccer...Basketball, Football, etc. etc.), Yoga, Pilates, Spin Class, etc.

Mixed Martial Arts Fitness Snacks:

Check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

David Beckham Soccer Workout



Training Volume:

Twice a week for 5 weeks.

Explanation:

This one is shared from Men's Health if you'd like to take it up a notch – add this in on top of your other training!

Directions

Perform your challenge twice a week at an intensity tailored to your maximum heart rate (MHR).

Week 1

Beckham's Workout

5-minute run

Intensity: 85% MHR

Rest: 4 minutes

Sets: 3

Your Challenge

5-minute run

Intensity: 75% MHR

Rest: Until your heart rate is 60% of your MHR

Sets: As many runs as you can do in 30 minutes

Week 2

Beckham's Workout

2-minute run

Intensity: 90% MHR

Rest: 2 minutes

Sets: 7

Your Challenge

3-minute run

Intensity: 90% MHR

Rest: Until your heart rate is 60% of your MHR

Sets: As many as you can do in 20 minutes

Week 3

Beckham's Workout

1-minute run

Intensity: 95% MHR

Rest: 1 minute

Sets: 15

Your Challenge

1-minute run

Intensity: 85% MHR

Rest: 1 minute

Sets: 5 or 6

Week 4

Beckham's Workout

60-yard turnarounds (sprint 60 yards, turn around, and sprint back)

Intensity: 20 seconds total per out-and-back sprint

Rest: 1 minute

Sets: 8 to 10

Your Challenge

60-yard turnarounds (sprint 60 yards, turn around, and sprint back)

Intensity: 30 seconds per sprint

Rest: 2 1/2 minutes

Sets: 3 or 4

Week 5

Beckham's Workout

60-yard sprint

Intensity: As hard as possible

Rest: 10 seconds

Sets: 8 to 10

Sets: 8 to 10

Your Challenge

60-yard sprint

Intensity: As hard as you can

Rest: 20 seconds

Sets: 3 or 4