

TARAJI HENSON WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

TARAJI HENSON WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm going to give you two full body routines to use 2-3 times a week, and then the rest is going to come from boxing, MMA and other forms of activity in unison with a good diet.

Taraji Henson Full Body Workout Variation One

Warm Up:

Stretch

Stairmaster 15 minutes

Workout:

Flat Dumbbell Bench Press

3×10

Standing Dumbbell Bicep Curls

3×10

Chest Fly Machine

3×10

Alternating Hand Kettlebell Swings

3×10 each arm

Goblet Squats with DB

3×10

Weighted Glute Bridges

3×10

Dumbbell Bent Over Rows

3×10

Taraji Henson Full Body Workout Variation Two

Warm Up:

Stretch

Stairmaster 15 minutes

Workout:

Standing Military Press

3×10

Standing Dumbbell Hammer Curls

3×10

Incline Bench Press Machine

3×10

Alternating Hand DB Snatches

3×10 each arm

Weighted Lunges

3×10 each leg

Cable Pullthroughs

3×10

Lateral Pulldowns

3×10

Taraji Henson Mixed Martial Arts and Boxing Workout

Warm Up:

Stretch

Workout:

Choose a Routine from Coach Derek's Programming below

You can also 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.