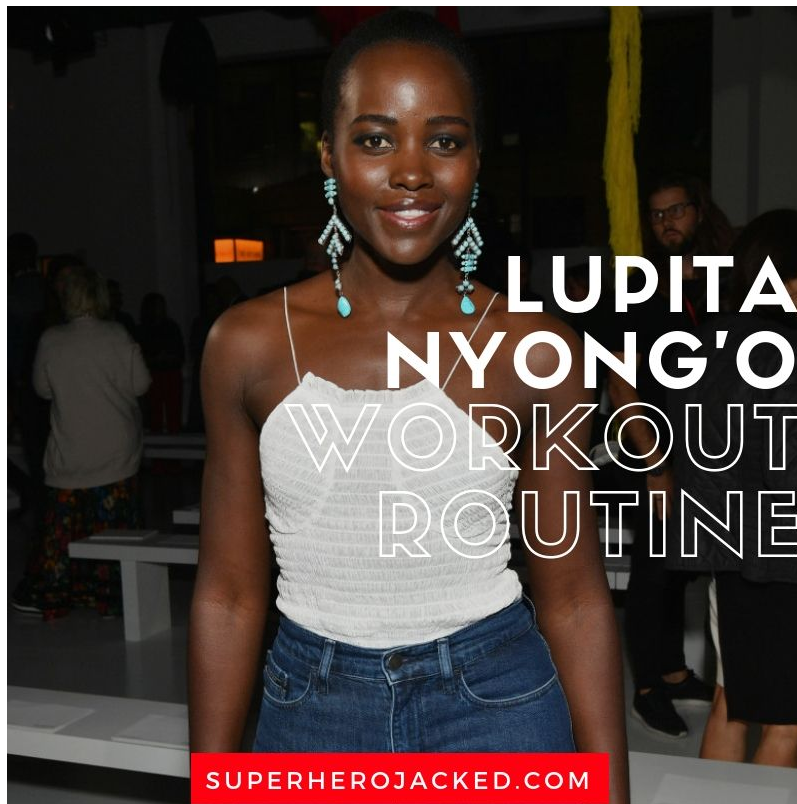


LUPITA NYONG'O WORKOUT ROUTINE



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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LUPITA NYONG'O WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

I'm going to be giving you 3 bootcamp workouts. You can utilize these upwards of 6 days a week (3 days on, one day off) or you could utilize them 3 days a week and incorporate yoga and meditation like Nyong'o, OR you could just do yoga and meditation and add these in whenever you'd like – as she would likely do on a regular basis. Diet will be key to looking like Lupita.

Lupita Nyong'o Workout Bootcamp Day One:

Push

Warm Up:

Stretch

Walk 10 minutes

Workout:

Circuit: 3 Rounds for Time

10 Kettlebell Swings

10 One Arm Dumbbell Snatch

10 Cable Lateral Raises

Circuit Two: 3 Rounds for Time

10 Dumbbell Bench Press on Ball

10 Standing Chest DB Flyes

10 Push Ups (or Knee Ups)

Circuit Three: 3 Rounds for Time:

10 Tricep Cable Pushdowns with Rope

10 Tricep Overhead Extension with Rope

10 Cable Kickbacks

Lupita Nyong'o Workout Bootcamp Day Two: Legs

Warm Up:

Stretch

Walk 10 minutes

Workout:

Circuit: 3 Rounds for Time

10 Goblet Squats w/ KB

10 Lunges w/ DBs

10 Cable Pullthroughs

Circuit Two: 3 Rounds for Time

10 Hamstring Curls

10 Quad Extensions

10 Jump Squats

Circuit Three: 3 Rounds for Time:

10 Leg Press

10 Calf Raises on Leg Press Machine

10 Standing Calf Raises

Lupita Nyong'o Workout Bootcamp Day One: Pull

Warm Up:

Stretch

Walk 10 minutes

Workout:

Circuit: 3 Rounds for Time

10 DB Deadlift

10 One Arm DB Rows

10 Burpees

Circuit Two: 3 Rounds for Time

10 Lateral Pulldowns

10 Chin Ups

10 Machine Rows Light

Circuit Three: 3 Rounds for Time:

10 DB Shrugs

10 Light Lateral DB Raises

10 Face Pulls

Lupita Nyong'o Daily Workout (Regular Training)

On a regular basis Lupita Nyong'o practices meditation and yoga. I recommend doing this within The Academy, or by following many guides that can be found on YouTube.

(And when I say many, I mean there's many, but hopefully you choose to follow the good ones! :P)

As said above, you can choose to do this 3 days a week, 5+ days a week, or not at all.