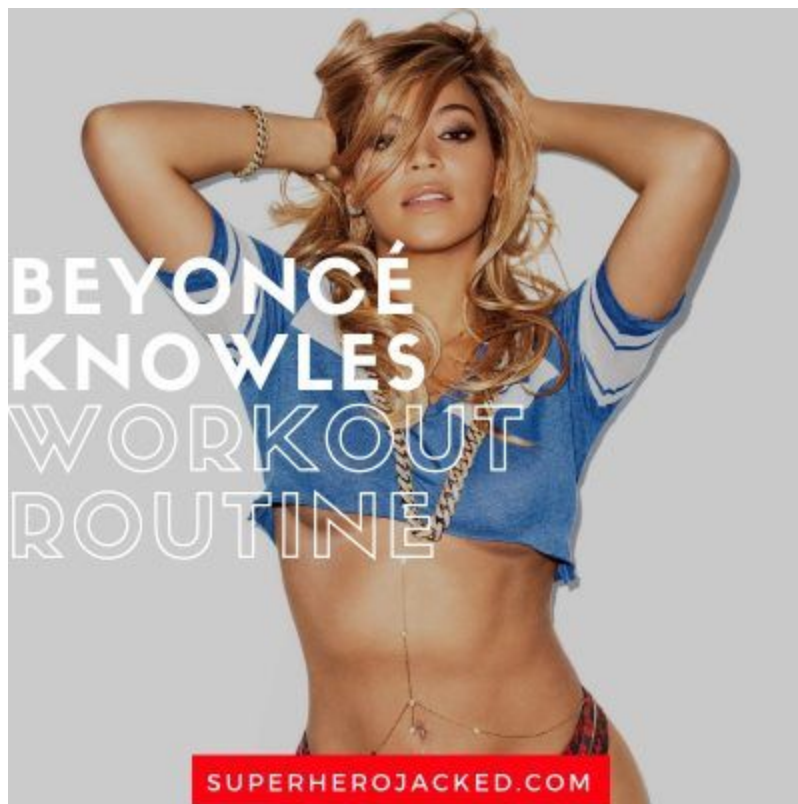


BEYONCÉ WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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BEYONCE WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm going to share the workout routine Marco Borges shared with both Pop Sugar and Elle. The Pop Sugar is specifically targeting a 5 min workout time-frame so you can obviously step it up and utilize it multiple times. The Elle workout is a bonus workout that Marco shes for Beyonces incredible thighs!

Further Explanation:

I'm not sure if you watched the Homecoming Netflix Original but Beyonce puts in work! You're going to either need to step it up and do spin class 3-5 times a week, or make up for her extra movement that comes from her choreography training by adding in another form of cardio.

Beyonce 5 Minute Body Blaster:

Here are the five moves he suggests to give yourself an all-over body-blasting workout (even if you only have five minutes to spare before your guests arrive):

- **Jumping Plies:** I call these jumping squats, but it doesn't matter what you call them as long as you do them. Here's how: stand with your feet just a bit wider than shoulder-width apart, abs pulled in tight, and bend your knees, lowering your body till your thighs are parallel to the floor and jump straight into the air. Return to starting position and repeat for one minute.
- **Reverse Lunges:** Standing with feet shoulder-width apart, step back into a lunge and repeat on the opposite side, alternating for one minute. Be sure that abs remain tight throughout, working your core and maintaining your balance and posture.

- **Push-Ups:** According to Marco, “The push-up is quite possibly one of the simplest and best body weight movements targeting the muscles of the chest, arms, shoulders and core.” Do as many classic push-ups, or moderated position push-ups from your knees, as you can for a full one minute, making sure to maintain proper form and bring your chest as close to the floor as you can before pushing back to starting plank position.
- **Dips:** Using a bench or the edge of a chair, position your arms at your sides (almost to the back), flex at the elbow, and lower yourself toward the floor. Return to starting position and repeat for one minute, but don’t rely on your lower body to help lower and raise you — your arms should be doing all the work here.
- **Side Planks:** Marco suggests this move to blast love handles, working the obliques. Here’s how: “Lie in a plank position with one hand flat on the ground and the other pointed straight to the sky with your feet stacked one over the other. Slowly drop your hips to the ground while maintaining a locked arm, using only your core. Return to your starting position and repeat.”

Do each of the exercises for a minute each, and in just five minutes, you’ll have toned and targeted each of these muscle groups. Plus there’s another benefit to this quick shape-up routine — Borges adds that “the muscle pump you get from this short, intense Total Body Blast fills your muscles with blood and instantly improves the appearance of skin and muscle tone.”

Beyonce’s Go-To Thigh Movements from Marco and Elle:

Do 3 sets of this entire routine:

Jumping Lunges

1. Stand in a lunge position: Standing with your back straight, take one giant step forward so that your forward knee is aligned with your heel when you drop down.
2. Drop down, and jump explosively and switch your stance in the air as you drop back down into a lunge on the other side.
3. Repeat 10 times.

Plié Jumps (as shown in the 5 min body blast)

1. Stand with your back straight, core tightened, and feet out to your sides (slightly wider than your shoulders) in a split stance with your feet turned out.
2. Drop down into a plié, explode into a jump, and drop back into plié.
3. Repeat 10 times.

Pelvic Lifts

1. Laying flat on your back, bend your right leg and place the foot firmly on the ground aligned with the opposite knee.
2. Lift and hold the other leg two to four inches off the ground as you use the planted foot to press and lift your hips off the ground using the inner thigh muscles.
3. Repeat 10 times and switch sides.

Reverse Squat Kicks

1. Standing with your back straight and abs tight, step back into a reverse lunge.
2. As you return to standing position kick forward with the leg that lunged back and return to lunge without planting the foot anywhere except at the bottom of the lunge move.
3. Repeat 10 times and switch sides.

Beyonce Workout Additional Cardio Section

Beyonce burns a ton of calories via choreography.

And, on top of that she's also finding time when possible to hit longer training sessions with Marco where she's using battle ropes and other forms of training to burn the calories and tone the muscles!

For that reason you're going to have to step it up if you truly want to look like Queen Bey.

I suggest doing some HIIT or varied cardio 3-5 times a week for 30-60 minutes to burn the extra calories.

If not, you also have the option to take a spin class, or even Pilates!