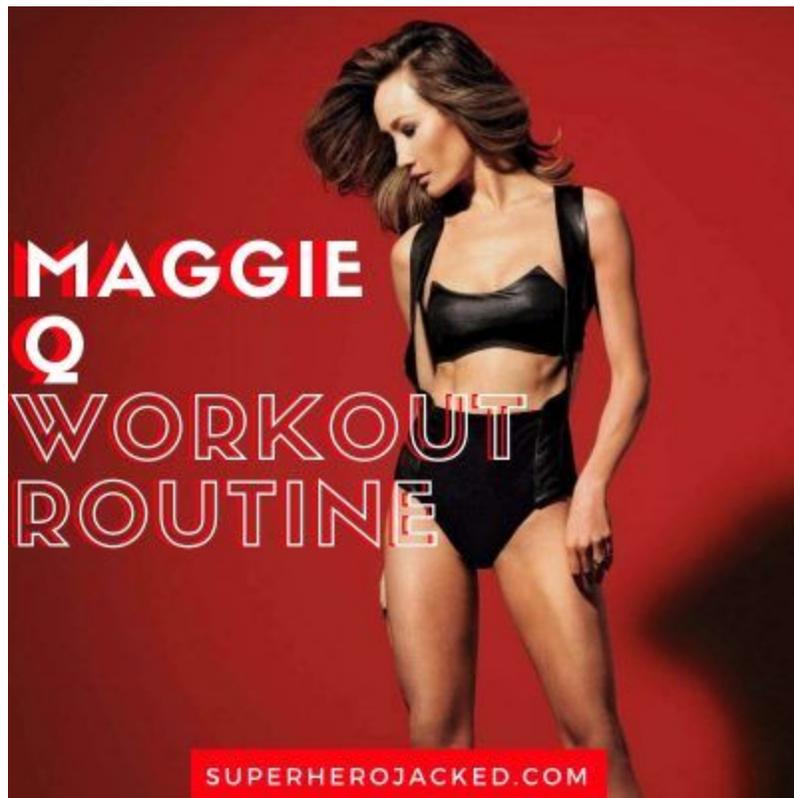


MAGGIE Q

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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MAGGIE Q WORKOUT ROUTINE

Training Volume:

5-7 days per week

Explanation:

Normally, as you probably know, we have to rest at least a day of the week to let our body repair. In this case Maggie Q switches it up so much that her training is similar to just staying active and staying on the move. She's not lifting a ton of weight every day and breaking down the muscle to eventually have to rebuild and repair, but rather staying active in multiple different variations so that she can keep it up nearly every day of the week. For that reason I'm going to be building you a mock schedule that you can utilize and then I'll be sharing some mixed martial arts training and some poses from Maggie as well!

Maggie Q Workout Routine: [Mock] Weekly Schedule

Maggie Q switches it up and varies her routine a lot so this is just a variation that you could choose to utilize, but not one that is definite to her specific routine by any means (for that you'd likely need her to text you each morning and tell you what she's up to).

Monday: Yoga and 10,000 Steps Tracked

Tuesday: Spin Class

Wednesday: Yoga and 10,000 Steps Tracked

Thursday: Swimming

Friday: Yoga and 10,000 Steps Tracked

Saturday: Spin/Swim or Jog

Sunday: Activity Day or 10,000 Steps Tracked

Maggie Q Yoga Poses and Additional Information

The best bet for you is to utilize:

1. A local class
2. [The Academy's](#) Yoga videos/tutorials
3. YouTube Instructional Videos

But, here are some yoga poses that Maggie Q shares from [Health.com](#).



Crow Pose:

This balancing pose strengthens the arms, wrists, and upper back; tones the abdominal area; and requires full body integration!



Shin Cradle:

Strengthen and stretch hips, hamstrings, and calf muscles with this move. It's great for people who sit a lot.



Forearm Stand:

This advanced move flips your perspective upside down, changes your relationship to gravity, takes pressure off your feet, and flushes your brain with blood and oxygen.

Images by Mei Tao

Maggie Q Workout: Swimming

Maggie also mentions swimming in her training regime.

For that reason I want to include a program that we share anytime we have a celeb or character that loves to swim!

We actually started including it when we found the Nathalie Emmanuel uses it!

Here's the program from Speedo: [Click here](#)

Maggie Q Workout: Mixed Martial Arts

Maggie Q also loves to box.

I know, is there anything she doesn't do?

Here's some programs from MMA Coach Derek that we've seen on the site (and more inside [The Academy](#) if you'd like):

[Deathstroke](#), [Moon Knight](#), [Daredevil](#)

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

I would specifically recommend Daredevil or Anna Diop for this one.

Maggie Q Workout: Alternative Activity

So obviously we talked a lot about how Maggie's workout varies a lot, so I want to make sure you know that you have options.

Here's a few things you can utilize instead of the listed scheduling:

- Hiking
- Boxing Class
- Pilates Class
- Track Steps up to 10,000+
- Jog 3-5 miles (or start small)
- Sports like Soccer, Basketball, Tennis, etc.