

# What is megan fox workout routine?

This can be considered as a very popular question among a lot of people who are huge Megan fans and want to achieve a fit body like the actress. In this article, we will be having a discussion about the infamous "[megan fox workout routine](#)". Megan Fox is an American actress who is well known for her roles in the movies like Transformers and Jennifer's Body. Despite being in her thirties, the actress continues to maintain a healthy and fit lifestyle. Her workout routine consists mainly of cardio and spin classes. In addition to these, the actress is also known to engage in resistance training, which helps her to boost her metabolism, protect her bones, manage pain, and reduce her overall fat content. So without much delay, let us take a look at her workout routine.

## Megan fox workout routine throughout the week

The actress follows a workout routine for five days, from Monday to Friday. Of these five days, she spends three of them training with her trainer. Megan follows a five stage workout regimen. According to her trainer, she begins the workout with a five minute warm up. After that, she does three types of exercises. One for her upper body, one for her lower body, and the last one for sculpting her abs. Once done with these, she ends the workout session with a five minute cool down. On Monday, Wednesday, and Friday, her workout routine consists of circuit training. According to her trainer, she is an absolute fan of circuit training. Her circuit training consists of three sets. These sets differ in exercises depending on the day. On Monday, her circuit training involves knee crunches, knee push ups, and burpees, followed by jump ropes, air squats, box jumps, and v-ups. She finishes the training with an eight minute Tabata. On Wednesday, she does jump squats, mountain climbing, and jumping lunges. She then performs burpees, a one-minute plank, a 60-calorie jog, sit-ups, and wall climbs, followed by a Tabata. Finally, on Friday, she performs inchworms, knee push ups, and sit ups, which are followed by leg raises, air squats, box jumps, mountain climbers, burpees, and a Tabata. For Tuesday and Thursday, her routine involves Pilates, cycling, and cardio. On the weekends, the actress prefers to rest.

## Megan Fox's diet

We have already looked at the vital aspects regarding, "[megan fox workout routine](#)". Apart from that, her diet is also a very important factor in maintaining her body. The actress follows a five meal diet given by her trainer. According to this diet plan, she can consume five meals per day. For breakfast, she has almonds, eggs, and oatmeal. For lunch, she has Japanese food. For an evening snack, she has a smoothie or vitamins, and for dinner, she has chicken breasts with quinoa. Her nighttime snack consists of various types of fruits. Along with these, she regularly consumes supplements to keep herself fit. She usually avoids processed foods, dairy products, unhealthy snacks, and oily foods. Also, Megan strictly restrains herself from coffee consumption. The actress is known for following her diet very strictly and very rarely cheats on it.

## Conclusion

Thus, from our discussion of the topic “**megan fox workout routine**”, it can be concluded that the actress follows a strict diet as well as a workout routine. Her healthy and fit physique comes from a lot of hard work and patience. With her fit lifestyle, Megan has been inspiring people wherever she goes. She is considered to be the best actress and model when it comes to having a good physique and good health. Thus, this discussion can be regarded as extremely beneficial for all those who are thinking of following the workout routine of Megan Fox. It will give them a clear idea regarding her workout plan.

Resource url- <https://www.healthtipslive.com/megan-fox-diet/>