

# JACKIE CHAN

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Jackie Chan

## Workout Routine:

### Training Volume:

3+ days per week

### Explanation:

I'm going to program you 3 days per week, and then you can fit in MMA training where you feel fit. The days I program can be used randomly, or one after another. Jackie mentions not training to meet specific body parts, so we will be utilizing full-body and core training each day that I program.

**\*\*All of this training should be done light to adhere to the amount of reps.\*\***

## Day One: Full Body and Core

### Variation One

#### Warm Up:

Stretch

Jackie Advanced: Run 45 min

Jackie Beginner: Run 15-20 min

#### Workout:

Bench Press

4×25

Sit Ups

4×25

Shoulder Front Raises

4×25

Weighted Lunges

4×25

Power Cleans

4×25

Tricep Pushdowns (Cable)

4×25

## Day Two: MMA and Kung Fu

This is going to be on you to get out there and use your fitness.

You can take advantage of [The Academy](#) and work with Coach Derek and use the fighting programming we have there, or you can get out there and join a class to get like Jackie.

The choice is yours!

# Day Three: Full Body and Core Variation Two

## **Warm Up:**

Stretch

Jackie Advanced: Run 45 min

Jackie Beginner: Run 15-20 min

## **Workout:**

Front Squats

4×25

Hanging Leg Raises

4×25

Military Press (Dumbbells)

4×25

Cable Rows

4×25

Chest Flys (Dumbbells)

4×25

Tricep Kickbacks (Dumbbells)

4×25

## Day Four: MMA and Kung Fu

This is going to be on you to get out there and use your fitness.

You can take advantage of [The Academy](#) and work with Coach Derek and use the fighting programming we have there, or you can get out there and join a class to get like Jackie.

The choice is yours!

## Day Five: Full Body and Core Variation Three

### **Warm Up:**

Stretch

Jackie Advanced: Run 45 min

Jackie Beginner: Run 15-20 min

### **Workout:**

Deadlift

4×25

Planks

4×60 seconds

Arnold Presses

4×25

Leg Press

4×25

Dips

4×25

Close Grip Bench

4×25