

JARED LETO JOKER WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

Jared Leto Joker Workout Routine

Training Volume:

5 days a week

3 days of weight training

2 days of cycling/yoga/outdoor activity

Day One: Weight Training – Chest and Triceps

Warm Up:

20 minutes low intensity bike

3x10 Pull Ups

3x15 Push Ups

3x20 Sit Ups

The Workout:

5 sets of Barbell Bench Press: 10-8-5-5-3 (Max occasionally)

Superset:

3 sets of both Tricep Pushdowns and Triceps Overhead Extension on Cables

One after another, all at 10 reps each.

3 sets of Incline Dumbbell Bench Press: 10-8-5

3 sets of Skull Crushers: 10-10-10

4 sets of Weighted Dips the first set being an unweighted warm up: 15-15-15-15 (Using

45-75-90 as the weights if you're able)

Ab Routine:

3 sets of Circuit:

50 Crunches

25 Leg Lifts

50 Crunches

25 V-Ups

Day Two: Cycling/Yoga/Outdoor Activity

Option One: Bike 10 Miles

Option Two: 1 Hour of Yoga

Option Three: 1-2 Hours of Semi-Strenuous Outdoor Activity (Tennis, Hiking, Surfing, etc.)

Day Three: Weight Training – Shoulders and Legs**The Warm-up:**

20 minutes low intensity incline walk

3x10 Pull Ups

3x15 Push Ups

3x20 Sit Ups

The Workout:

5 sets of Barbell Squats: 10-10-5-5-3

3 sets of Arnold Presses: 10-10-10

3 sets of Leg Presses: 10-10-10

5 sets of Military Press: 10-8-5-5-3

3 sets of Calf Raises: 25-25-25

Superset:

3 sets of both Shoulder Front Raises and Lateral Side Raises with light dumbbells

One after another, all 10 reps each.

3 sets of Heavy Shrugs (barbell or dumbbells): 20-15-10

Ab Routine:

3 sets of Circuit:

50 Crunches

25 Leg Lifts

50 Crunches

25 V-Ups

Day Four: Cycling/Yoga/Outdoor Activity

Option One: Bike 10 Miles

Option Two: 1 Hour of Yoga

Option Three: 1-2 Hours of Semi-Strenuous Outdoor Activity (Tennis, Hiking, Surfing, etc.)

Day Five: Back and Biceps

The Warm-up:

20 minutes low intensity bike

3x10 Pull Ups

3x15 Push Ups

3x20 Sit Ups

The Workout:

5 sets of Deadlifts: 10-5-5-5-3 (occasionally max when comfortable with form)

3 sets of Weighted Chin-Ups: 10-10-10

3 sets of Barbell Bent of Rows (can use Smith Machine if needed): 10-10-10

5 sets of Dumbbell Bicep Curls: 10-10-8-8-5

3 sets of Lat Pulldowns (cable): 10-10-10

Superset:

3 sets of both Cable Bicep Curls and Cable Hammer Curls

One after another, all 10 reps each.

Ab Routine:

3 sets of Circuit:

50 Crunches

25 Leg Lifts

50 Crunches

25 V-Ups