

JASON MOMOA WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Jason Momoa Workout Routine

The Workout Structure

- Start with Series A. (Should be on the lighter side – Choose a weight that will allow you to complete the following 7-6-5 progression for each exercise.)
- First do seven sets of seven reps of the squat with seven seconds rest between sets.
- Rest one minute, and then do six sets of six squats with six seconds rest followed by five sets of five squats with five seconds rest.
- Once you've finished the entire 7-6-5 progression, rest one minute, and then repeat with exercises two and three.

How often

- Momoa did these series (which should take around 30 minutes) around 2-3 times a day.
- Try to include Series A and B for a complete body workout.
- To switch up the routine you can then use C and D on alternating days

The Series

Series A:

- Squat
- Deadlift
- Jump Squat

Series B:

- Medicine Ball Slam
- Kettlebell Swing
- Burpee

Series C:

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- Pull Ups
- Push Ups
- Sit Ups

Series D:

- Double Unders (Multiply by 3 if doing singles on jump rope)
- Deadlift
- Squat