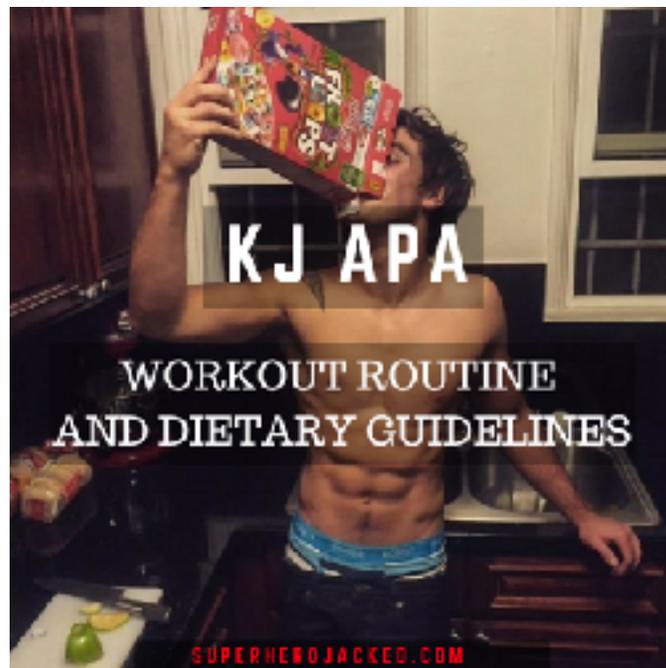


# KJ APA

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# **KJ Apa**

## **Workout Routine:**

### **Training Volume:**

3-6 Days Per Week

### **Explanation:**

As we discussed in our recent article: training volume revolves around your goal and how fast you want to accomplish it. I'll program 3 days that you have to include (Days 1, 3, and 5), but you can also utilize 10 Minute or Less workouts from the database, and also the one that Apa shared with us himself!

### **Weight Increase Explanation:**

When I give a rep count of "10,8,5,3,3" for example, you should be going up in weight each time.

You should also increase weight each time on rep counts of 3×10 or 12, for example, but that can be a much more insignificant increase than the above example.

## **Day One: Chest and Triceps**

### **Warm Up:**

Stretch

800m jog

**Cardio for increased fat/weight loss:**

20 Minutes HIIT Cardio on treadmill – see next day for further HIIT instruction (if your goal is cutting)

**Workout:**

Bench Press

5×10,8,5,3,1

Tricep Cable Pushdowns

3×10

Dips

3×Failure

Incline Dumbbell Bench

3×12

Dumbbell Tricep Kickbacks

3×10

Incline Cable Flys

3×12

Chest Front Raises (similar to decline cable flys but with dumbbells)

3×10

## Day Two: Cardio and/or Quickie

### **Cardio Options:**

20 minutes of HIIT on Treadmill or Bike

Treadmill:

1 min on: sprint 6-9mph

1 min off: walk 2.5-3.3 mph

Bike:

1 min on: keep rpms above 100 with level 7-10

1 min off: keep rpms steady 50+ with level 3-5

## **Workout Quickie:**

Choose a workout from the 10 Minute or Less section in The Workout Database

OR

Utilize KJ Apa's quick routine which we saw earlier in the article:

Dumbbell swing / burpees

1,2,3,4,5,6,7,8,9,10,9,8,7,6,5,4,3,2,1 reps

Ex. 1 DB swing 1 burpee, 2 DB swing 2 burpees and so on and so on to 10 then back down again.

# Day Three: Back and Biceps

## **Warm Up:**

Stretch

800m jog

## **Cardio for increased fat/weight loss:**

20 Minutes HIIT Cardio on treadmill – see next day for further HIIT instruction (if your goal is cutting)

## **Workout:**

Deadlifts

3×10,8,5,3,3

Dumbbell Bicep Curls

3×12

Cable Rows

3×15

Preacher Curls

3×12

Wide Grip Pull Ups

3×Failure

Lateral Cable Pulldowns

3×12

Hammer Curls

3×10

# Day Four: Cardio and/or Quickie

## **Cardio Options:**

20 minutes of HIIT on Treadmill or Bike

Treadmill:

1 min on: sprint 6-9mph

1 min off: walk 2.5-3.3 mph

Bike:

1 min on: keep rpms above 100 with level 7-10

1 min off: keep rpms steady 50+ with level 3-5

## **Workout Quickie:**

Choose a workout from the 10 Minute or Less section in The Workout Database

OR

Utilize KJ Apa's quick routine which we saw earlier in the article:

Dumbbell swing / burpees

1,2,3,4,5,6,7,8,9,10,9,8,7,6,5,4,3,2,1 reps

Ex. 1 DB swing 1 burpee, 2 DB swing 2 burpees and so on and so on to 10 then back down again.

## Day Five: Shoulders and Legs

### **Warm Up:**

Stretch

800m jog

### **Cardio for increased fat/weight loss:**

20 Minutes HIIT Cardio on treadmill – see next day for further HIIT instruction (if your goal is cutting)

### **Workout:**

Back Squats

5×10,8,5,3,3

Arnold Presses

3×10

Leg Press

3×12

Military Press (standing)

5×10,8,5,3,3

Hamstring Curls

3×10

Shrugs (dumbbells or barbell)

3×20

Calf Raises

3×15

## Day Six: Cardio and/or Quickie

### **Cardio Options:**

20 minutes of HIIT on Treadmill or Bike

Treadmill:

1 min on: sprint 6-9mph

1 min off: walk 2.5-3.3 mph

Bike:

1 min on: keep rpms above 100 with level 7-10

1 min off: keep rpms steady 50+ with level 3-5

### **Workout Quickie:**

Choose a workout from the 10 Minute or Less section in The Workout Database

OR

Utilize KJ Apa's quick routine which we saw earlier in the article:

Dumbbell swing / burpees

1,2,3,4,5,6,7,8,9,10,9,8,7,6,5,4,3,2,1 reps

Ex. 1 DB swing 1 burpee, 2 DB swing 2 burpees and so on and so on to 10 then back down again.