

MICHAEL B. JORDAN

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Michael B. Jordan

Workout Routine:

Training Volume:

6 Days per Week

Explanation:

I just wrote an article about [how many days you \[really\] have to workout a week](#), and it might have gone a bit against the 6 day split – BUT, this is what Michael B. Jordan was training...so this is what I'm programming!

The Workout

45 to 60 minutes of cardio

Three sets of 25 reps of sit-ups every other day

One-mile warm-up on the treadmill

Two sets of 10 reps of push-ups

Four sets of dumbbell curls

Three rounds of 20 reps of box jumps, jump squats, and burpees

Boxing training (heavy bag, speed bag, jump rope)