

JASON STATHAM

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Jason Statham

Workout Routine:

Training Volume:

4 Days

Explanation:

I've been creating more and more 3-5 day a week routines, but unfortunately I truly believe Statham's will need the inclusion of more days. Now, that does not mean you'll necessarily need to devote more time, that just means I'm going to be programming four days, instead of allowing you to include your own Cagers (aka Activity Days). You should still be adding in days for activity and cardio on your own.

Day One

Warm Up:

Row 10-20 minutes

Workout:

5×10 Dips

5×10 Pull Ups

5×15 Air Squats

5×20 Push Ups

Circuit:

3 Sets of:

10 Burpees

12 Lunges

15 Hanging Leg Raises

20 Clap Push Ups (scale with push ups, or knee ups)

15 Hanging Leg Raises

12 Lunges

10 Burpees

Day Two

Warm Up:

Row 10-20 minutes

Workout:

5×10 Dips

5×10 Pull Ups

5×15 Air Squats

5×20 Push Ups

Circuit:

5 Sets of:

400m run

15 Dips

10 One Legged Squats (scale with air squats)

5 Man Makers

Day Three

Off Day

Get Active.

Think of this as a Cager!

Day Four

Warm Up:

Row 10-20 minutes

Workout:

5×10 Dips

5×10 Pull Ups

5×15 Air Squats

5×20 Push Ups

Circuit:

3 Sets of:

3 Muscle Ups (scale for ring pull ups, regular pull ups, or pikes)

5 Burpees

100 Jump Ropes

10 Pull Ups

100 Jump Ropes

5 Burpees

3 Muscle Ups

Day Five

Warm Up:

Row 10-20 minutes

Workout:

5×10 Dips

5×10 Pull Ups

5×15 Air Squats

5×20 Push Ups

Circuit:

5 Sets of:

800m Jog

25 Mountain Climbers

20 Box Jumps

15 V Ups

10 Plank to Push Ups