

NAFESSA WILLIAMS

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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.

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Nafessa Williams

Workout Routine:

Training Volume:

3-5 days per week

Day One: Upper Body

Warm Up:

Stretch

15-20 min bike ride

Workout:

Dumbbell Bench Press

3×10

Lateral Pulldowns

3×10

Military Press (DB or BB)

3×10

Tricep Kickbacks

3×10

3 Round Circuit:

10 Burpees

10 Overhead Presses

10 Plank to Push Ups

10 Laying Leg Raises

Day Two: MMA Training or Jiu-Jitsu

Thunder knows how to throw a punch!

You can jump in [The Academy](#) and work with Coach Derek and use some of the MMA styled training we have there, OR you can get out there and shadow box, hit a heavy/speed bag, OR even take a class.

Either way, get moving today!

Day Three: Upper and Lower Body Split

Warm Up:

Stretch

15-20 minute elliptical

Workout:

Deadlift

3×10

Arnold Presses

3×10

Weighted Step Ups

3×10

Calf Raises

3×10

3 Round Circuit:

10 Mountain Climbers

10 Thrusters

10 Push Ups

10 Russian Twists

Day Four: MMA Training or Jiu-Jitsu

Thunder knows how to throw a punch!

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Either way, get moving today!

Day Five: Lower Body

Warm Up:

Stretch

15-20 min jog

Workout:

Squat

3×10

Leg Press

3×10

Leg Pushdowns

3×10

Leg Extension

3×10

3 Round Circuit:

10 Jump Ropes

10 Clean and Squats

10 Jumping Lunges

10 V-Ups