

MICHAEL B. JORDAN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Michael B. Jordan Workout Routine

Training Volume:

4-6 days per week

Explanation:

I'm going to start with the routine we get straight from Maxim and Michael B. Jordan's trainer. I'm also giving you a reminder that there was training on top of this (such as what Jordan describes as him getting into character with MMA, weapon training, etc.).

DAY 1. CHEST, BACK AND ARMS

1. INCLINE DUMBBELL PRESS

Sets: 3 Reps: 12

2. DUMBBELL FLYE

Sets: 3 Reps: 12

3. PUSHUP

Sets: 10 Reps: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

4. DUMBBELL KICKBACK

Sets: 3 Reps: 15

5. TRICEPS PUSHDOWN

Sets: 2 Reps: 20

6. BENCH DIP

Sets: 10 Reps: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

DAY 2. BICEPS, TRICEPS AND LATS

1. ONE-ARM DUMBBELL ROW

Sets: 3 Reps: 12

2. NEUTRAL-GRIP PULLDOWN

Sets: 3 Reps: 12

3. BENTOVER ROW

Sets: 3 Reps: 12

4. DUMBBELL CURL

Sets: 3 Reps: 12 (Alternate arms.)

5. BARBELL CURL

Sets: 3 Reps: 12 How to

6. HAMMER CURL

Sets: 3 Reps: 12

DAY 3. LEGS AND ABS CIRCUIT

1. DUMBBELL LUNGE

Sets: 3 Reps: 30 sec. (each leg)

2. SINGLE-LEG HIP EXTENSION

Sets: 3 Reps: 15 (each leg)

3. LEG CURL

Sets: 3 Reps: 12

4. ROMANIAN DEADLIFT

Sets: 3 Reps: 12

5. SQUAT

Sets: 10 Reps: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

6A. CRUNCH

Sets: 3 Reps: 25 Rest: 0 sec.

6B. LEG RAISE

Sets: 3 Reps: 25 Rest: 0 sec.

6C. REVERSE CRUNCH

Sets: 3 Reps: 25 Rest: 0 sec.

6D. TOE TOUCH

Sets: 3 Reps: 25 Rest: 0 sec.

6E. SPRINTER SITUP

Sets: 3 Reps: 25

DAY 4. CHEST, ARMS AND ABS

1A. DUMBBELL BENCH PRESS

Sets: 5 Reps: 10, 9, 8, 7, 6

1B. PUSHUP

Sets: 5 Reps: 15

2A. DUMBBELL FLYE

Sets: 5 Reps: 10 to 6

Perform 10 reps your first set, then nine on the second set, and so on down to 6 reps.

2B. PUSHUP

Sets: 5 Reps: 10

3. DUMBBELL CURL

Sets: 4 Reps: 12

4A. DUMBBELL KICKBACK

Sets: 4 Reps: 15

4B. BENCH DIP

Sets: 4 Reps: 20

5A. CRUNCH

Sets: 3 Reps: 25 Rest: 0 sec.

5B. LEG RAISE

Sets: 3 Reps: 25 Rest: 0 sec.

5C. REVERSE CRUNCH

Sets: 3 Reps: 25 Rest: 0 sec.

5D. TOE TOUCH

Sets: 3 Reps: 25 Rest: 0 sec.

5E. SPRINTER SITUP

Reps: 25 Rest: As needed

DAY 5-6. MIXED MARTIAL ARTS / WEAPON TRAINING / ACTIVITY

If you're familiar with Superhero Jacked, you know we love activity days.

This can mean MMA style training to build your superhero background with someone like **Coach Derek** – but it also could be sports, hiking, a boxing class, cycling, and so many more things.

Choose what works for you and get out there and use your fitness!