

JOEL KINNAMAN

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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.

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Joel Kinnaman Workout Routine

Training Volume:

3-5 days per week

Explanation:

If you want to train like Kinnaman you'll likely need 5+ days per week, but the key here is sustainability so I'm going to program you 3 days of strength, and revolve 2 days around MMA training and a ROBO-CIRCUIT!

Day One: Chest and Triceps

Warm Up:

Stretch

800m jog

3×1 min heavy bag

3×1 min shadow boxing

3×100 jump rope

Workout:

Bench Press

3×10

Incline Bench Press

3×10

Dumbbell Chest Flys

3×10

Dips

3xFailure

Tricep Kickbacks

3×10

Tricep Pushdowns

3×10

Close Grip Bench

3×10

Optional Training:

MMA Training. You can do this on your own, with the guidance of our [MMA Coach Derek](#), or even by attending a local class.

Day Two: THE ROBO-CIRCUIT

Muscle and Fitness shares this RoboCircuit with us

Kinnaman never repeated the same workout. This is a one-day chest and arms circuit. Choose weights you can do at least 15 reps with and take all sets to failure. Repeat four times; rest two minutes between circuits.

THE EXERCISES

- Concept2 Rower— five-minute warmup
- Alternating DB Bench Press
- Incline DB Flye
- Dip (Hit failure, rest 15 sec., then repeat)
- Barbell Curl
- Alternating DB Curl

Please also use this day for more Mixed Martial Arts Training.

Day Three: Back and Biceps

Warm Up:

Stretch

800m jog

3×1 min heavy bag

3×1 min shadow boxing

3×100 jump rope

Workout:

Deadlift

3×10

Lat Pulldowns

3×10

Dumbbell Rows

3×10

Wide Grip Pullups

3xFailure

Dumbbell Curls

3×10

Cable Hammer Curls

3×10

Preacher Curls

3×10

Optional Training:

MMA Training. You can do this on your own, with the guidance of our [MMA Coach Derek](#), or even by attending a local class.

Day Four: THE ROBO-CIRCUIT

Muscle and Fitness shares this RoboCircuit with us

Kinnaman never repeated the same workout. This is a one-day chest and arms circuit. Choose weights you can do at least 15 reps with and take all sets to failure. Repeat four times; rest two minutes between circuits.

THE EXERCISES

- Concept2 Rower— five-minute warmup
- Alternating DB Bench Press
- Incline DB Flye
- Dip (Hit failure, rest 15 sec., then repeat)
- Barbell Curl
- Alternating DB Curl

Please also use this day for more Mixed Martial Arts Training.

Day Five: Legs and Shoulders

Warm Up:

Stretch

800m jog

3×1 min heavy bag

3×1 min shadow boxing

3×100 jump rope

Workout:

Back Squat

3×10

Leg Press

3×10

Weighted Lunges

3×10

Clean and Squats

3×10

Military Press

3×10

Dumbbell Shoulder Front Raises

3×10

Shoulder Flys

3×10

Optional Training:

MMA Training. You can do this on your own, with the guidance of our [MMA Coach Derek](#), or even by attending a local class.