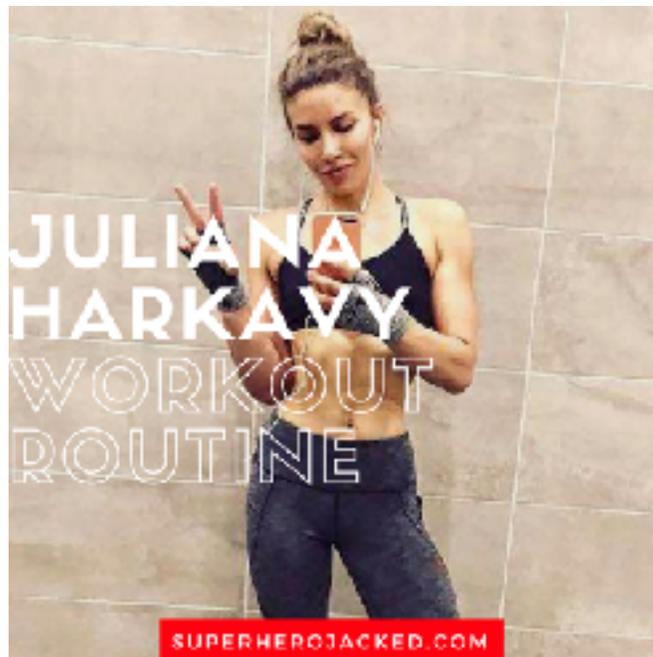


# THE JULIANA HARKAVY WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **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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# The Juliana Harkavy Workout Routine:

## Training Volume:

3-5 days per week

## Explanation:

I'm going to be programming you 3 days of lifting using Juliana's interviews, and her Instagram page. I will also be giving you 2 days worth of boxing and MMA coaching for you to use as well.

## Video Link:

[SHJ YouTube Workout Guide](#)

## Day One: Chest and Triceps

### Warm Up:

Stretch

Jog 800m

## **Workout:**

**\*\*The first three are taken straight from Juliana's Instagram as her "Staples", and the notes she gives about them.\*\***

Cable Press / Cable Twists

3×12

Dead Bugs

3×60

Bench Press

3×12

Tricep Kickbacks (Dumbbells)

3×12

Plank to Pushups

3×20

Skull Crushers

3×12

Dips

3×15 (or failure)

## Day Two: Boxing and MMA Training

**Utilize Boxing and MMA Training Programmed by Coach Derek.**

This can either be from [Daredevil](#), [Deathstroke](#), or even custom within [The Academy](#).

**You can also utilize a HOME workout that Juliana shows programmed on her page:**

1. Curtsy lunges (3×10 each side)
2. Squats (3×10)
3. Forward Lunges (3×10 each side)
4. Sideways Mountain Climbers (you can slide on your socks) (3×10 each side)
5. Forward Mountain Climbers (you can slide on your socks) (3×10 each side)
6. Glute Bridges (3×10)
7. Donkey Kicks (3×10 each side)

\*Stretch\*

Repeat if desired!

# Day Three: Legs and Shoulders

## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Squats

3×12

Dumbbell Shoulder Front Raises

3×12

Leg Press

3×12

Power Cleans

3×12

Front Squats

3×20

Glute Bridges

3×12

# Day Four: Boxing and MMA Training

**Utilize Boxing and MMA Training Programmed by Coach Derek.**

This can either be from [Daredevil](#), [Deathstroke](#), or even custom within [The Academy](#).

**You can also utilize a HOME workout that Juliana shows programmed on her page:**

1. Curtsy lunges (3×10 each side)
  2. Squats (3×10)
  3. Forward Lunges (3×10 each side)
  4. Sideways Mountain Climbers (you can slide on your socks) (3×10 each side)
  5. Forward Mountain Climbers (you can slide on your socks) (3×10 each side)
  6. Glute Bridges (3×10)
  7. Donkey Kicks (3×10 each side)
- \*Stretch\*
- Repeat if desired!

# Day Five: Back and Biceps

## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Deadlifts

3×12

Push Up w/ Dumbbell into Row

3×10-20

Chin Ups

3×12

Bent Over Rows

3×12

Weighted Step Ups and Dumbbell Curls

3×10 (each leg/arm)

Back Extension (weighed if possible)

3×12