

HANNAH JOHN-KAMEN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

Hannah John-Kamen

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to program you 3 days of bodybuilding styled training mixed with some circuit style, and then also 2 days of cardio or activity days as well. We like to call these "Cagers".

Video Link:

[SHJ YouTube Workout Guide](#)

Day One: Lower Body

Warm Up:

Stretch and Foam Roll

20 min varied cardio (I prefer elliptical and treadmill)

^^This can be done at the beginning or end of the workout^^

Workout:

Barbell Back Squat

4×12

Barbell Glute Bridges

3×10

Leg Press

3×10

Hamstring Curls

3×10

Circuit:

3 Sets for Time

10 Plank to Push Ups

15 Jumping Lunges

20 Mountain Climbers

15 Leg Raises

10 Sit Ups

Day Two: Activity or Cardio Day

This day is devoted to being active.

For this you're going to need to get moving for at least an hour. If I'm not hitting varied cardio or doing a hike or something I know is enough movement, I like to sub a 60 minute brisk walk.

This can also be done by taking a class like yoga, pilates, MMA, or something similar.

Day Three: Chest and Arms

Warm Up:

Stretch and Foam Roll

20 min varied cardio (I prefer elliptical and treadmill)

^^This can be done at the beginning or end of the workout^^

Workout:

Dumbbell Bench Press

4×12

Tricep Kickbacks

3×10

Barbell Curl Step Ups

3×10 each leg/arm

Tricep Cable Pushdowns

3×10

Circuit:

1 Set for Time

70 Jump Ropes

60 Second Plank

50 One Arm Dumbbell Snatches (25 Each Arm)

40 Push Ups (or Knee Push Ups)

30 Air Squats

20 Pull Ups (Assisted is Fine)

10 Burpees

Day Four: Activity or Cardio Day

This day is devoted to being active.

For this you're going to need to get moving for at least an hour. If I'm not hitting varied cardio or doing a hike or something I know is enough movement, I like to sub a 60 minute brisk walk.

This can also be done by taking a class like yoga, pilates, MMA, or something similar.

Day Five: Upper Body

Warm Up:

Stretch and Foam Roll

20 min varied cardio (I prefer elliptical and treadmill)

^^This can be done at the beginning or end of the workout^^

Workout:

Deadlift

4×12

Arnold Press

3×10

Bent Over Rows

3×10

Clean and Press

3×10

Circuit:

21-15-9

(Three sets, first 21 reps each, second 15 reps each, third 9 reps each)

Thrusters and Burpees