

MICHAEL JAI WHITE

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Michael Jai White

Workout Routine:

Training Volume:

3-6 days per week

Explanation:

For this program we're going to have 3 training days. Push, Pull, and Legs. For that reason I am saying you can be training 3-6 days per week because you can go through the program twice per week with one off day, once and take some activity days, or mix it up how you'd prefer.

Day One: Push (Chest, Shoulders, Triceps)

Warm Up:

Stretch

10 min jump rope

3×20 push ups

Workout:

Dumbbell Bench Press

4×15, 10, 8, 5

Dumbbell Shoulder Press

4×15, 10, 8, 5

Dumbbell Tricep Overhead Extension

3×12

Dumbbell Chest Flys

3×12

Shoulder Front Raises

3×12

Dips

3×25

Day Two: Pull (Back and Biceps)

Warm Up:

Stretch

10 min jump rope

3×10 chin ups

Workout:

Deadlift

4×15, 10, 8, 5

Preacher Curls

4×15, 10, 8, 5

Cable Rows

3×12

Cable Hammer Curls

3×12

Lateral Pulldowns

3×12

Dumbbell Rows

3×12

Day Three: Legs

Warm Up:

Stretch

10 min jump rope

3×20 Air Squats

Workout:

Back Squat

4×15, 10, 8, 5

Leg Press

4×15, 10, 8, 5

Hamstring Curls

3×12

Quad Extensions

3×12

Weighted Lunges

3×12

Glute Pushdowns

3×12