

JAMIE FOXX

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Jamie Foxx

Workout Routine

Training Volume:

3-5+ days per week

Explanation:

Foxx likes to stay active. For that reason, his training level is probably more than 3 days a week, but we're going to utilize programming for push, pull, legs, which will hit on some of the things he mentions finding extremely important (hamstrings, back, glutes, etc)- while also adding in his full body/core workout and bodyweight exercise (which he also mentioned).

The active days are on you!

There will be activity days, like Foxx plays and trains for basketball. You can choose to do other forms of activity, but get out there and use your fitness for at least an hour.

Superset Explanation:

Supersets are highlighted and marked with letters showing which exercises are within. These are to be performed one after another until one set of each is finished, and then you can break and rinse and repeat.

Day One: Pull

Warm Up:

Stretch

10 Minute High Incline Walk

Workout:

Weighted Back Extension

4x12

Standing Bar Curls

4x12

Tri-set One:

A. Cable Back Crossovers

3x10

B. Pull Ups

3x10

C. Cable Single Arm Curls

3×10

Superset One:

A. Lateral Pulldowns

3×10

B. Hammer Strength Rows (or Cable)

3×10

Finisher Circuit:

3 Rounds

10 Hanging Leg Raises

10 Bicep Curl Step Ups

Day Two: Jamie Foxx Full Body Core Workout

Warm Up:

Stretch

10 Minute High Incline Walk

Quad Set One:

A. Leg Press

3×10

B. Plank

3×30 seconds

C. Push Ups

3×15

D. Lateral Crawl

3×15 meters

Tri-Set One:

A. Dumbbell Lunge

3×10 each leg

B. Horizontal Wood Chop

3x20 each side

C. Pull Ups

3x15-20

Tri-Set Two:

A. Dumbbell Curl

3x10-15 each arm

B. Standing Calf Raise

3x10-15

C. Dumbbell Overhead Press

3x10-12

Quad Set Two:

A. Hollow Hold

3x10-20 seconds

B. Dumbbell Y-T-W-I

3x20

C. Swiss Ball Stir the Pot

3x20

D. Weighted Dips

3x15-20

Day Three: Push

Warm Up:

Stretch

10 Minute High Incline Walk

Workout:

Bench Press (DB or BB)

4x12

Dumbbell Skull Crushers

4x12

Tri-set One:

A. Hex Press

3x10

B. Push Ups

3x25

C. Overhead Tricep Extension w/ Plate

3x10

Superset One:

A. Incline Press (Hammer Strength or DB)

3x10

B. Incline Dumbbell Flys

3x10

Finisher Circuit:

3 Rounds

30 second L-Sit

15 Dips

5 Burpees

Day Four: Jamie Foxx Full Body Core Workout

Warm Up:

Stretch

10 Minute High Incline Walk

Quad Set One:

A. Leg Press

3×10

B. Plank

3×30 seconds

C. Push Ups

3×15

D. Lateral Crawl

3×15 meters

Tri-Set One:

A. Dumbbell Lunge

3×10 each leg

B. Horizontal Wood Chop

3×20 each side

C. Pull Ups

3×15-20

Tri-Set Two:

A. Dumbbell Curl

3×10-15 each arm

B. Standing Calf Raise

3×10-15

C. Dumbbell Overhead Press

3×10-12

Quad Set Two:

A. Hollow Hold

3×10-20 seconds

B. Dumbbell Y-T-W-I

3×20

C. Swiss Ball Stir the Pot

3×20

D. Weighted Dips

3×15-20

Day Five: Legs

Warm Up:

Stretch

10 Minute High Incline Walk

Workout:

Back Squats

4x12

Hamstring Curls

4x12

Tri-set One:

A. Cable Pull-throughs

3x10

B. Bulgarian Split Squat

3x10 each leg

C. Pull Up/Dip Machine Leg Pushdowns

3x10 each leg

Superset One:

A. Quad Extension

3×10

B. Jump Squats

3×10

Finisher Circuit:

3 Rounds

60 Second Plank

30 Second Squat Wall Hold

10 Plank to Push Ups

Bonus Activity: Basketball, MMA, Parkout and More

These days can be subbed for the full body days as well if it's too much lifting for you.

Foxx likes to stay active, and his workouts aren't always this intense at this much volume, so feel free to get out there and use your fitness.

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

And the Daredevil workout also has some beginner Parkour as well.