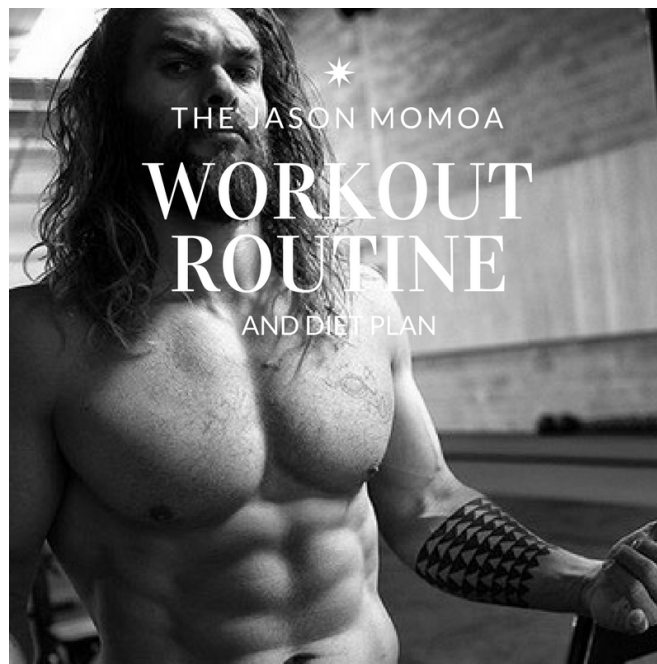


# JASON MOMOA

## WORKOUT ROUTINE V2



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

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# Jason Momoa Workout Routine V2

## **Training Volume:**

4-6 days per week

## **Explanation:**

Momoa's trainer states: "I worked around Jason's social schedule and adapted the weight training to accommodate his desire to climb at the indoor rock gym 2-3 days per week." and continues to say "We didn't fatigue the muscles used for climbing (back, biceps, and forearms) the day before hitting the rock gym. Instead we trained back and biceps after climbing to overload them. This freed other days to focus on chest, shoulders and legs." – leaving us with 4+ days, depending on added activity.

## **Explanation Part Two:**

In the sample workouts Twight shares with us, he includes multiple supersets, tri-sets and drop sets (likely to keep Momoa from being bored, and to keep the workouts intense)! For that reason I'll explain each of these.

## **Superset and Tri-Set:**

Do each movement back to back (to back) without any break for a full set through each. Then take a break and rinse and repeat for the total.

### **Drop Set:**

Start the weight heavy at 6 rep range, then continue without breaking for 12 reps at a lower weight, and again at a 18 rep range.

### **Video Link:**

**[SHJ YouTube Workout Guide](#)**

# **Jason Momoa Workout Day One: Chest and Shoulders**

**Warm Up:**

Stretch

3x10 Pull Ups

3x15 Dips

3x20 Air Squats

## **Workout:**

Flat Bench Press

4x12

Arnold Press

4x12

## **Bench Press Tri-Set**

A. Incline Bench Press

5x6

B. Standing Dumbbell Press

5x12

C. Push Ups

5x24

## **Cable Crossover Dropset**

5 Rounds:

6-12-18 reps

## Jason Momoa Day Two: Rock Climbing and/or Activity

Rock climbing is Momoa's choice for activity.

*This is on top of the fact that he states how much he loves skateboarding, surfing, and tons of other activities.*

He loves making his training fun.

Feel free to add in an active day of mixed martial arts training with some of the training I'll share below from Coach Derek.

Or add in some high intensity training with some battle ropes and/or other fun variations of training (such as parkour, which I'll also add below). I also made sure to add in bodyweight programming to all the training days to amplify the Momoa feeling – which he mentions he has utilized throughout his career (even before having to bulk up).

Coach Derek's MMA programs: **Moon Knight, Deathstroke, Daredevil, Anna Diop**

Felix and my parkour program: **Nightrunner**

# Jason Momoa Workout Day Three: Back, Biceps and Forearms

## Warm Up:

Stretch

3x10 Pistol Squats (each leg)

3x15 Dips

3x20 Push Ups

## Workout:

Deadlift

4x12

Preacher Curls

4x12

## Back and Bi Tri-Set

A. Heavy Hammer Curls

5x6

B. Chin Ups

5x12

C. Cable Rows

5x24

### **Lateral Pulldowns Dropset**

5 Rounds:

6-12-18 reps

## **Jason Momoa Day Four: Rock Climbing and/or Activity**

**Rock climbing is Momoa's choice for activity.**

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Felix and my parkour program: [Nightrunner](#)

## **Jason Momoa Workout Day Five: Legs and Lower Body**

### **Warm Up:**

Stretch

3x10 Chin Ups

3x15 Dips

3x20 Push Ups

### **Workout:**

Back Squat

4x12

Hamstring Curls

4x12

### **Sled/Quad Tri-Set**

A. 20 Meter Sled Push

5 rounds

B. 20 Meter Sled Pull

5 rounds

C. Seated Quad Extension Dropset

5 rounds of 6-12-18

### **Lunge and Split Squat Superset**

A. Dumbbell Walking Lunge

5x40 meters

B. Bulgarian Split Squat

5x10 each leg

## Jason Momoa Day Six+: Rock Climbing and/or Activity

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