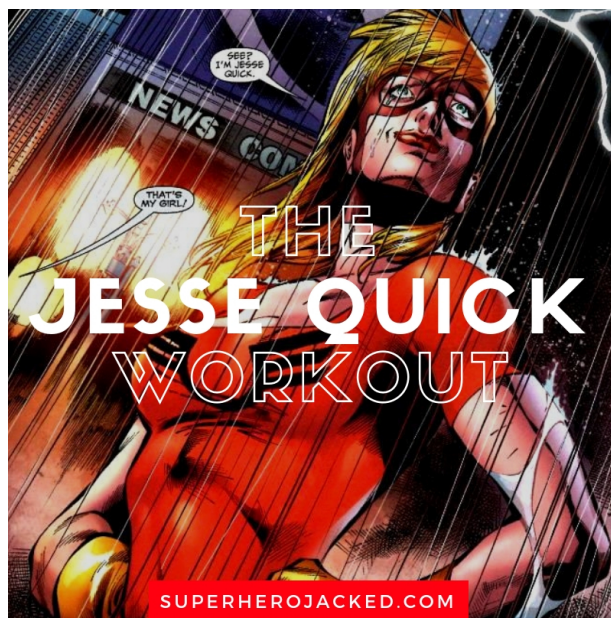


# THE JESSE QUICK WORKOUT ROUTINE



**BONUS PDF FILE**

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 **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 Jesse Quick Workout Routine

## **Training Volume:**

5-6 days per week

## **Explanation:**

This program can be taken and performed in more ways than one. We're going to be mixing in endurance training, and also training for increasing speed and explosiveness. Adding in mixed martial arts training on top of that is up to you.

## Jesse Quick Workout Day One: Endurance Training One

### **Warm Up:**

Stretch

Light Jog

### **Workout:**

Run 2-3 miles

### **Optional:**

Add in MMA training (options and links below)

# Jesse Quick Workout Day Two: Explosiveness, Speed and Full Body

## Warm Up:

Stretch

20 minutes of HIIT Sprints:

30 second 80-100% sprint

1 min cool down

## Workout:

Back Squats

4×12

## Superset One:

A. Box Jumps

3×10

B. Battle Ropes

3×30 seconds

C. Kettlebell Swings

3×10

**Superset Two:**

A. Incline Sprints

3×30 seconds

B. Dumbbell Thrusters

3×10

C. Cable Pull-Throughs

3×10

**Superset Three:**

A. Incline Ball Stabilized Dumbbell Press

3×10

B. Burpees

3×10

C. Dumbbell Bent-Over Rows

3×10

# Jesse Quick Workout Day Three: Endurance Training Two

## Warm Up:

Stretch

Light Jog

## Workout:

Run 3.1 miles

## Optional:

Add in MMA training (options and links below)

# Jesse Quick Workout Day Four: Explosiveness, Speed and Full Body

## Warm Up:

Stretch

20 minutes of HIIT Sprints:

30 second 80-100% sprint

1 min cool down

**Workout:**

Deadlifts

4×12

**Superset One:**

A. Weighted Step Ups

3×10 each leg

B. Double Unders

3×10

C. One Arm KB Snatches

3×10

**Superset Two:**

A. Incline Sprints

3×30 seconds

B. Squat Clean and Press

3×10

C. Bulgarian Split Squats

3×10 each leg

**Superset Three:**

A. Stabilized (Ball) Dumbbell Press

3×10

B. Burpees

3×10

C. Lateral Pulldowns or Wide Grip Pull Ups

3×10

# **Jesse Quick Workout Day Five: Endurance Training Three**

**Warm Up:**

Stretch

Light Jog

**Workout:**

Run 4-5 miles



**Optional:**

Add in MMA training (options and links below)

# Jesse Quick Workout Day Six+: MMA and Parkour Links

*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.\*\**