

JUDE LAW

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Jude Law Workout Routine

Training Volume:

6 days per week

Explanation:

Thanks to CoachMag we have a program that Jude Law actually utilized. I will be also plugging in some other links you can utilize for boxing, mixed martial arts, and parkour.

Monday

Warm up with a 500m row, ball slams and throws

4x rope pull (the rope pull is a sled drag – if you don't have a sled, use the rope attachment on a cable machine and alternate arms)

20 x ball slam

4x rope pull

15x ball slam

4x rope pull

10x ball slam

4x rope pull

5x ball slam

Tuesday

Warm up with a 500m row, squats

8x (20sec work/10sec rest) squats

8x (20sec work/10sec rest) press-ups

5x (1-6) pull-up ladder

Wednesday

Warm up with squats, overhead squats and Turkish get-ups

Partner workout – trainee one row 250m, trainee two rack hold with two 32kg kettlebells (swap and repeat for three rounds)

Solo workout – 2 x (1-6) pull-up ladder

1-20 kettlebell swing ladder with 20kg kettlebell

Thursday

Warm up with overhead squats and kettlebell goblet squats

Partner workout – trainee one 20 burpees, trainee two floor press hold 40kg (five rounds)

Cool down with row

Friday

Warm up with 20 minute row and med ball throws

4x (30 sec work/30 sec rest) push press (rest is in overhead position)

4x (30 sec work/30 sec rest) squat (rest is in low squat position)

Saturday

60 minutes boxing

60 minutes grappling

Extra Programming Help:

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.