

DJIMON HOUNSOU

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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Djimon Hounsou Workout Routine

Training Volume:

5+ days per week

Explanation:

I'm going to program you a bodyweight routine which you will complete three times a week, and then list mixed martial arts training from Coach Derek that you will be required to utilize twice a week. Also remember that Djimon Hounsou is extremely active even outside his training. Don't hesitate to add in some hiking and outdoor activity as a nice fun bonus.

Bodyweight Training: 3+ Times per Week

Warm Up:

Stretch

Cardio:

20-30 min jog

Workout:

Complete the Listed Reps

Can be broken down into any number of sets/reps/circuits you desire

150 Air Squats

150 Push Ups

100 Lunges

100 Sit Ups

75 Pull Ups

75 Dips

Mixed Martial Arts Training: 2+ Times per Week

Coach Derek has multiple programs that you can utilize for mixed martial arts and circuit training. So on this training day, you're going to head over to one of those!

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.