

# CASEY JONES

# WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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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# CASEY JONES WORKOUT ROUTINE

## Training Volume:

3-5+ days per week

## Explanation:

I'm going to be programming you 3 days of lifting, and then 2+ days are going to be devoted to high intensity training AND mixed martial arts. I'll give you some of Coach Derek's programs to use, and I will also give you a program for Parkour as well.

## Casey Jones Workout Day One: Push Day

### Warm Up:

20-30 Min Speed Training

1 Min On: Sprint 7-10+ mph

1 Min Off: Walk 2.5-3.5mph

### Workout:

Barbell Bench Press

4×12

Seated Military Press

4×12

Skull Crushers

4×12

Incline Dumbbell Press

4×12

Cable Shoulder Front Raises

4×12

Weighted Dips

4×12

Casey Jones Workout Day Two: MMA and Speed

## Casey Jones Workout Day Two: MMA and Speed

If you want to step your game up and start training with mixed martial arts, these are some of the programs Coach Derek has created for us outside of [The Academy](#) to do so.

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

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

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

## Casey Jones Workout Day Three: Pull Day

**Warm Up:**

20-30 Min Speed Training

1 Min On: Sprint 7-10+ mph

1 Min Off: Walk 2.5-3.5mph

**Workout:**

Deadlift

4×12

Standing Barbell (or EZ Bar) Curls

4×12

Wide Grip Lateral Pulldowns

4×12

Barbell Bent Over Rows

4×12

Cable Rope Hammer Curls

4×12

Weighted Chin Ups

4×12

**Casey Jones Workout Day Four: MMA and Speed**

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## Casey Jones Workout Day Five: Leg Day

### Warm Up:

20-30 Min Speed Training

1 Min On: Sprint 7-10+ mph

1 Min Off: Walk 2.5-3.5mph

### Workout:

Back Squats

4×12

Leg Press

4×12

Hamstring Leg Kickbacks (Machine or Cables)

4×12

Weighted Lunges

4×12

Cable Pullthroughs

4×12

Kettlebell Swings

4×12