

# JONATHAN JOESTAR WORKOUT ROUTINE



Bonus PDF File  
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# JONATHAN JOESTAR WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

Rugby training also comes with conditioning and plyometrics and stuff you wouldn't necessarily think, but we'll mainly be focusing on weight training in this workout. I will also give you two extra days that can be subbed in which will be for sprints, endurance training, parkour or mixed martial arts.

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## Jonathan Joestar Workout: Sample Workout Schedule

**Monday:** Weight Training A

**Tuesday:** Weight Training B

**Wednesday:** Sub in Extra Training or Rest

**Thursday:** Weight Training C

**Friday:** Weight Training D

**Saturday:** Sub in Extra Training or Rest

**Sunday:** Sub in Extra Training or Rest (REST if you haven't yet had a rest day)

## **Jonathan Joestar Workout: Weight Training A**

### **Warm Up:**

800m walk

800m jog

### **Workout:**

Power Cleans

4x5

Upright Barbell Row (Sub EZ Bar or Plate)

3x8

Barbell Squats

4x10

Leg Press

3x10

Lying Leg Curl (Hamstring Curls)

4×10

Cable Crunches

4×25

## **Jonathan Joestar Workout: Weight Training B**

### **Warm Up:**

800m walk

800m jog

### **Workout:**

Barbell Bench Press

4×8

Dumbbell Incline Bench Press

4×8

Pullups

5×10

T-Bar Rows

3×8

Standing Barbell Press Behind Neck

4×8

Dips

3×10

Standing DB Lateral Raises

4×10

## **Jonathan Joestar Workout: Weight Training C**

### **Warm Up:**

800m walk

800m jog

### **Workout:**

Power Cleans

4×5

Dumbbell or Barbell Shrugs

3×15

Front Squats w/ Barbell

4×10

DB Lunges

4×6 each leg

Hanging Leg Raises (Sub Knee Raises)

3×20

Bulgarian Split Squats (Light)

4×6 each leg

## **Jonathan Joestar Workout: Weight Training D**

### **Warm Up:**

800m walk

800m jog

### **Workout:**

Barbell Bench Press

5×5

Barbell Incline Press

3×8

Dumbbell Flyes

3×8

Pull Ups

5×10

Bent Over Dumbbell Rows on Bench

3×8

Dumbbell Pullovers

3×10

## **Jonathan Joestar Workout: Extra Training Options**

*\*\*These options are in no specific order\*\**

### **Option One: Sprints**

20-30 Minutes of Sprints:

- 30 Second Sprint 8-10 mph
- 1 Minute 30 Second Cooldown Walk 2-3.5 mph

### **Option Two: Parkour**

Use Parkour Training From:

- [Academy](#) Member Felix's [Nightrunner Parkour Workout](#)

### **Option Three: Long Distance Endurance Training**

Long Distance Running:



- 3-5 Mile Run

**Option Four:**

Use MMA Training From:

- [Daredevil](#), [Deathstroke](#), [Sagat](#), or [Moon Knight](#)