JOTARO KUJO WORKOUT ROUTINE





Bonus PDF File

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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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JOTARO KUJO WORKOUT ROUTINE

Training Volume:

4 Days Per Week

Explanation:

We're going to do a pretty basic 4 day split revolving around our big compound lifts. We'll train heavy to start with the compounds and then I'll give you 4 exercises of accessory work on each day as well, for a total of 5 lifts altogether. If you need to cut some extra fat feel free to add in some extra cardio after your lifts, but remember you can't outrun your diet!

5×5 Explanation:

While some programs might have you a little heavier on your 5×5, what I want you to do is complete 2-3 warm up sets BEFORE your 5×5 and then do 5 sets of 5 reps at around 75% of your max weight for your compound.

Difficulty Level:

Beginner - Intermediate

When we do our celebrity and character workouts we base the difficulty level off of their routines/their powers. For this one it's just a judgement call on how I believe we can best get you looking like each character. For that reason I'm providing a level for each.

Want To Upgrade This Workout?

The Superhero Academy now comes with an <u>Upgrade Your Workout Tool</u> 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.

Jotaro Kujo Cosplay Workout: Sample Workout Schedule

This is just a sample. This can be done 3 days with add-ons, or even 5, but the point is that it can vary a bunch!

Monday: Bench Press and Accessory Work

Tuesday: Deadlifts and Accessory Work

Wednesday: Rest Day

Thursday: Overhead Press and Accessory Work

Friday: Back Squats and Accessory Work

Saturday: Rest Day

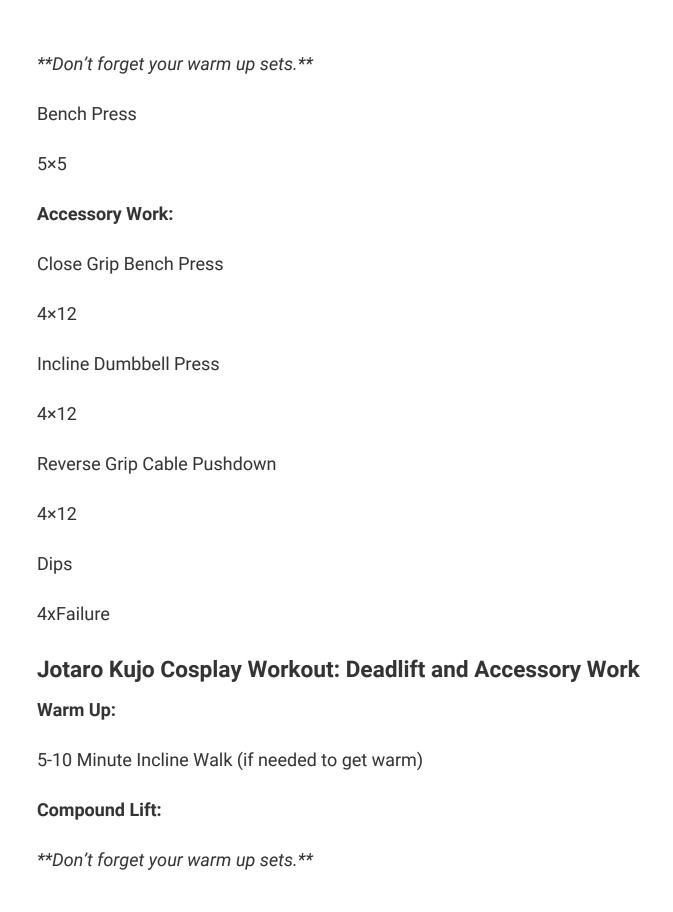
Sunday: Rest Day

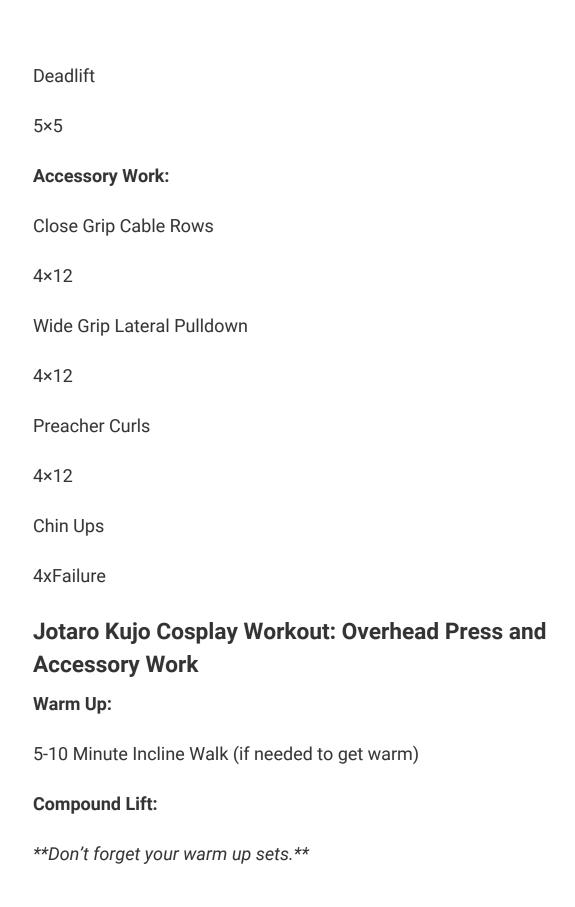
Jotaro Kujo Cosplay Workout: Bench Press and Accessory Work

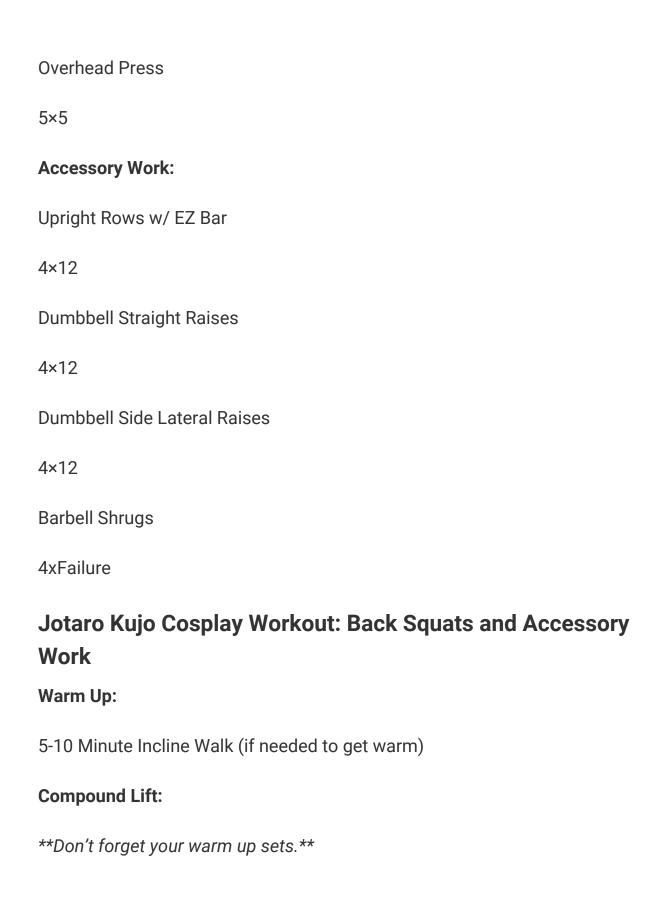
Warm Up:

5-10 Minute Incline Walk (if needed to get warm)

Compound Lift:







Bench Press
5×5
Accessory Work:
Hamstring Curls or Kickbacks
4×12
Leg Press
4×12
Quad Extensions
4×12
Seated Calf Raise
4xFailure