

# JOTARO KUJO WORKOUT ROUTINE



Bonus PDF File  
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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 [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.

## 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:**

*\*\*Don't forget your warm up sets.\*\**

Bench Press

5x5

**Accessory Work:**

Close Grip Bench Press

4x12

Incline Dumbbell Press

4x12

Reverse Grip Cable Pushdown

4x12

Dips

4xFailure

**Jotaro Kujo Cosplay Workout: Deadlift and Accessory Work**

**Warm Up:**

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

**Compound Lift:**

*\*\*Don't forget your warm up sets.\*\**

Deadlift

5×5

**Accessory Work:**

Close Grip Cable Rows

4×12

Wide Grip Lateral Pulldown

4×12

Preacher Curls

4×12

Chin Ups

4×Failure

**Jotaro Kujo Cosplay Workout: Overhead Press and  
Accessory Work**

**Warm Up:**

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

**Compound Lift:**

*\*\*Don't forget your warm up sets.\*\**

Overhead Press

5×5

**Accessory Work:**

Upright Rows w/ EZ Bar

4×12

Dumbbell Straight Raises

4×12

Dumbbell Side Lateral Raises

4×12

Barbell Shrugs

4xFailure

**Jotaro Kujo Cosplay Workout: Back Squats and Accessory Work**

**Warm Up:**

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

**Compound Lift:**

*\*\*Don't forget your warm up sets.\*\**

Bench Press

5×5

**Accessory Work:**

Hamstring Curls or Kickbacks

4×12

Leg Press

4×12

Quad Extensions

4×12

Seated Calf Raise

4×Failure