

KUMAIL NANJIANI WORKOUT ROUTINE



Bonus PDF File
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KUMAIL NANJIANI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

In multiple sources we find out that Nanjiani was training 5 days per week, doing a typical weight training program, with the only source making mention to “4-5 days a week” also mentioning “two-a-days”. Which means...if you missed a day and can only get there 4 days it seems like you’ll be back in the gym for a two-a-day on another day of the week! 😊

Triset Explanation:

In interviews with Roberts he makes mention to trisets for some of Nanjiani’s workout. To do these you will be completing each exercise back to back to back with no break, and then once one set of each is completed you can rest and then rinse and repeat.

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.

Kumail Nanjiani Workout: Sample Workout Routine Schedule

Monday: Back and Traps

Tuesday: Chest and Abs

Wednesday: Legs and Calves

Thursday: Shoulders and Abs

Friday: Back Squats, Legs, Calves, and Cardio

Saturday: Biceps and Triceps

Sunday: Rest Day

Kumail Nanjiani Workout: Back and Traps

Warm Up:

10 Minute Incline Walk on Treadmill

Workout:

Hex Bar Deadlift

4×6-20

Hex Bar Farmers Walk

4×50 meters

Barbell Shrugs

4×6-20

Straight Arm Cable Pulldowns

4×6-20

Dumbbell Shrugs

3×12

T-Bar Rows

3×12

Triset:

A. Hammer Strength [or Machine] Pulldowns

4×Failure

B. Close Grip Cable Rows

4×Failure

C. Face Pulls

4×Failure

Kumail Nanjani Workout: Chest and Abs

Warm Up:

10 Minute Incline Walk on Treadmill

Workout:

Bench Press

4×6-20

Incline Dumbbell Press

4×6-20

Cable Chest Flyes

4×6-20

Dips

4×6-20

Triset:

A. Incline Dumbbell Hex Press

4xFailure

B. Incline Dumbbell Chest Flyes

4xFailure

C. Standing Incline Dumbbell Chest Flyes

4xFailure

Abs:

Hanging Knee Raises w/ Twist

3×26

Sit Ups w/ Twist

3×26

Side Planks

3×30 seconds each side

Kumail Nanjiani Workout: Legs and Calves

Warm Up:

10 Minute Incline Walk on Treadmill

Workout:

Back Squat

4×6-20

Walking Weighted Lunges (w/ DB or BB)

4×50 meters

Hamstring Curls

4×6-20

Seated Calf Raises

4×6-20

Leg Press

3×12

Calf Raise on Leg Press Machine

3×12

Triset:

A. Goblet Squat

4×Failure

B. Cable Pullthroughs

4×Failure

C. Box Jumps

4×Failure

Kumail Nanjani Workout: Shoulders and Abs

Warm Up:

10 Minute Incline Walk on Treadmill

Workout:

Seated Dumbbell Press (or any form of Overhead Press)

4×6-20

W Press

4×6-20

Hold two light dumbbells in each hand and press them overhead. From here, lower your down to your sides, keeping your palms out and a slight bend in your elbows. Once they're below parallel, raise them back overhead.

Lawnmower Row

4×6-20

Behind-the-back Cable Lateral Raise

4×6-20

Triset:

A. Dumbbell Front Raise

4xFailure

B. Dumbbell Lateral Raise

4xFailure

C. Dumbbell Rear Delt Raise

4xFailure

Abs:

Hanging Leg Raises

3×25

Sit Ups

3×25

Planks

3×60 seconds

Kumail Nanjiani Workout: Biceps and Triceps

Warm Up:

10 Minute Incline Walk on Treadmill

Workout:

Preacher Curls

4×6-20

Reverse Grip Cable Pushdowns

4×6-20

Standing Alternating Dumbbell Curls

4×6-20

Skull Crushers

4×6-20

Concentration Curls

3×12

Chin Ups

3×12

Triset:

A. Cable Overhead Extension

4xFailure

B. Cable Hammer Curls w/ Rope

4xFailure

C. Cable Kickback

4xFailure (each arm)