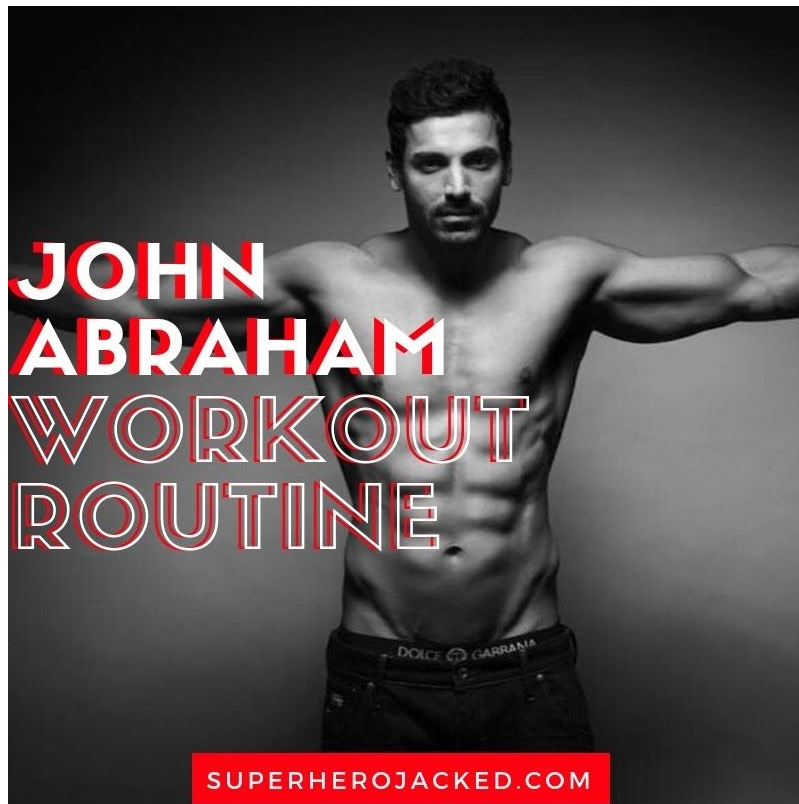


JOHN ABRAHAM WORKOUT ROUTINE



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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JOHN ABRAHAM WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training 5 days a week, and our workouts will be mainly formatted around the compound lift that generally coincides with that muscle group, with the exception of our arm day. We'll also have 2 ab training days which will fall on our back and shoulder days.

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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

John Abraham Workout: Sample Workout Schedule

Monday: Bench Press and Chest

Tuesday: Deadlift, Back and Abs

Wednesday: Biceps and Triceps

Thursday: Overhead Press, Shoulders and Abs

Friday: Back Squats and Legs

Saturday: Rest Day or Extra Parkour

Sunday: Rest Day or Extra Parkour

John Abraham Workout: Bench Press and Chest Day

Compound:

Bench Press

5×12,10,8,5,3

Workout:

Incline Dumbbell Press

3×12,10,8

Decline Press (Machine or Barbell)

3×12,10,8

Hammer Strength Chest Press

3×12,10,8

Dumbbell Pullovers

3×10

Cable Flyes

3×10

Dips

3×10

Post-Workout Cardio:

20-30 Minute Fast Paced Walk

John Abraham Workout: Deadlift, Back and Abs

Compound:

Deadlift

5×12,10,8,5,3

Workout:

Wide Grip Cable Pulldowns

3×12,10,8

Close Grip Cable Rows

3×12,10,8

Face Pulls

3×10

Chin Ups

3×10

Abs:

Hanging Leg Raises

3×20

Cable Crunches

3×20

Planks

3×60 seconds

Post-Workout Cardio:

20-30 Minute Fast Paced Walk

John Abraham Workout: Biceps and Triceps

Workout:

Preacher Curls

3×12,10,8

Close Grip Bench

3×12,10,8

Alternating Hammer Curls

3×12,10,8

Tricep Cable Pushdowns

3×12,10,8

Cable Kickbacks

3×10

Single Arm Cable Curls

3×10

Chin Ups

3×10

Post-Workout Cardio:

20-30 Minute Fast Paced Walk

John Abraham Workout: Overhead Press, Shoulders and Abs

Compound:

Overhead Press

5×12,10,8,5,3

Workout:

Seated Arnold Press

3×12,10,8

Bent Over Dumbbell Lateral Raises

3×12,10,8

Front Raises w/ Plate

3×10

Upright Rows w/ Barbell or EZ Bar

3×10

Abs:

Hanging Knee Raises w/ Twist

3×20

Sit Ups w/ Twist

3×20

Russian Twists

3×20

Post-Workout Cardio:

20-30 Minute Fast Paced Walk

John Abraham Workout: Back Squats and Legs

Compound:

Back Squat

5×12,10,8,5,3

Workout:

Leg Press

3×12,10,8

Calf Raises on Leg Press Machine

3×12,10,8

Bulgarian Split Squats

3×12,10,8 each leg

Hamstring Curls

3×10

Weighted Step Ups

3×10

Glute Bridges w/ Barbell

3×10

Post-Workout Cardio:

20-30 Minute Fast Paced Walk