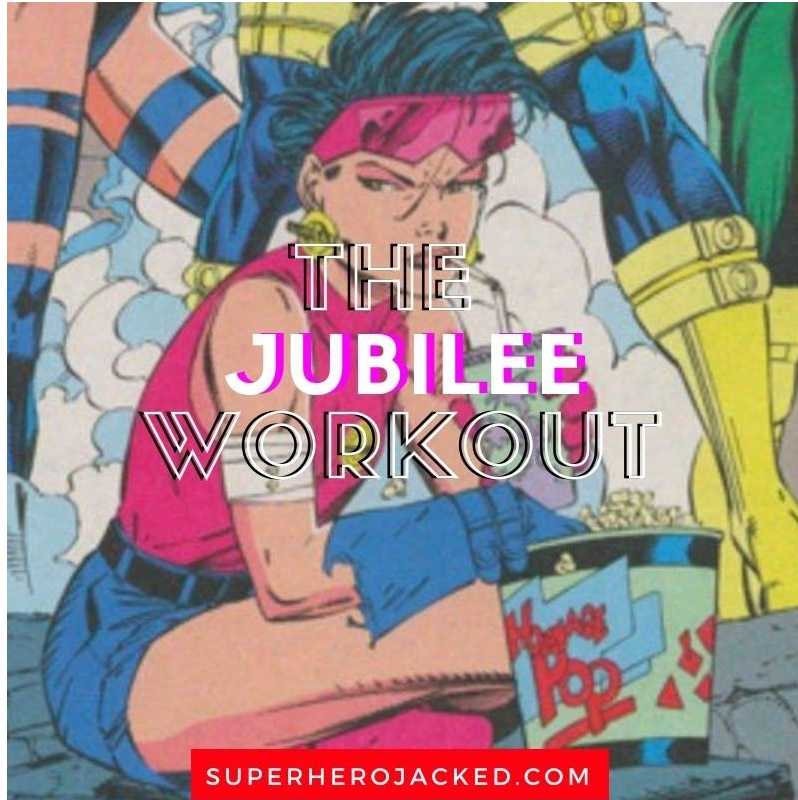


JUBILEE WORKOUT ROUTINE



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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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JUBILEE WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

For this one I'm going to be sharing a basic calisthenics program that can be scaled with resources in our guide, and also some workouts shared by Jake Dalton, the Olympic Gymnast! We'll use Jake's programming 2 days a week and then we'll incorporate the basic calisthenics work with some other gymnastic style holds on the other 3 days a week.

Calisthenics / Bodyweight Explanation:

This is part of a calisthenics and bodyweight theme we have going for the next few weeks. I suggest also checking out our new [Ultimate Calisthenics Workout and Guide](#) for [The Ultimate Calisthenics Workout] and tons of other resources and workouts.

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.

Jubilee Workout: Sample Workout Schedule

Monday: Calisthenics, Holds and HIIT

Tuesday: Jake Dalton Style Training Day

Wednesday: Calisthenics, Holds and HIIT

Thursday: Jake Dalton Style Training Day

Friday: Calisthenics, Holds and HIIT

Saturday: Optional Endurance Training

Sunday: Mandatory Rest Day

Jubilee Workout: Calisthenics, Holds and HIIT

Warm Up:

Stretch and Roll Out

Workout:

Complete in any amount of sets and reps, supersets or circuit style formatting.

Push Ups: 100

Air Squats: 100

Dips: 75

Sit Ups: 75

Pull Ups: 50

Leg Raises: 50

Holds:

L-Sit Hold

3×30 Seconds

Reverse Superman Hold

3×30

Superman Hold

3×30

Static Handstand Hold

3×30

HIIT Training:

20 Minutes of HIIT (From Options Below)

Instructions:

Complete 1 Minute ON, One Minute OFF where ON is high intensity of either sprinting or high level, high speed work, and OFF is a relaxed pace; from the options below:

- Row
- Bike
- Run

Jubilee Workout: Jake Dalton Style Training

In order to complete this workout you will likely need to utilize scaling and progression from our [Ultimate Calisthenics Workout & Guide](#).

Warm Up:

Stretch and Foam Roll

Workout:

Muscle Ups (Rings)

3×5

Handstand Push Ups

3×8

Kettlebell Swings

3×15

Shoulder Presses

3×6

Straight Body Pulls (Rings)

3×5

Hollow Hold

3×30 Seconds

Ab Workout:

Stability Ball Push Up with Pike

3xFailure

V-Ups

3xFailure

Hollow Rocks

3x30

Stability Ball Plank Holds

3xFailure

Jubilee Workout: Mixed Martial Arts Resources

If you're going to train like a hero, you may also want to check out some martial arts resources we have on the site as well.

Here's a list of them:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)