

JASON MOMOA CONAN CIRCUIT WORKOUT ROUTINE



Bonus PDF File
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JASON MOMOA CONAN CIRCUIT WORKOUT ROUTINE

Training Volume:

One Circuit, Two Variations

(To Be Repeated)

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.

The Workout Structure

Start with Series A. (Should be on the lighter side – Choose a weight that will allow you to complete the following 7-6-5 progression for each exercise.)

First do seven sets of seven reps of the squat with seven seconds rest between sets.

Rest one minute, and then do six sets of six squats with six seconds rest followed by five sets of five squats with five seconds rest.

Once you've finished the entire 7-6-5 progression, rest one minute, and then repeat with exercises two and three.

How often

Momoa did these series (which should take around 30 minutes) around 2-3 times a day.

Try to include Series A and B for a complete body workout.

To switch up the routine you can then use C and D on alternating days

The Jason Momoa Conan Circuit Series

Series A:

Squat

Deadlift

Jump Squat

Series B:

Medicine Ball Slam

Kettlebell Swing

Burpee

Series C:

Pull Ups

Push Ups

Sit Ups

Series D:

Double Unders (Multiply by 3 if doing singles on jump rope)

Deadlift

Squat