

JUJU SMITH-SCHUSTER WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

JUJU SMITH-SCHUSTER WORKOUT ROUTINE

Training Volume:

6 days per week; 2 times per day

Explanation:

We're going to be training 6 days a week, 2 times a day just like Corey Calliet programmed and worked with Juju Smith-Schuster. For this I'll be giving you a weight training protocol that we've seen shared by Calliet, and then I'll also be giving you a handful of high intensity interval training and circuits that Calliet would program for the second portion of their programming.

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.

Juju Smith-Schuster Workout: Sample Schedule

Monday:

AM: Calliet Style Chest, Back and Arms

PM: High Intensity Interval Training, Circuit, or Zac Efron Workout

Tuesday:

AM: Calliet Style Legs and Ab Circuit

PM: High Intensity Interval Training, Circuit, or Zac Efron Workout

Wednesday:

AM: Long Distance Endurance Workout

PM: High Intensity Interval Training, Circuit, or Zac Efron Workout

Thursday:

AM: Calliet Style Biceps, Triceps and Lats

PM: High Intensity Interval Training, Circuit, or Zac Efron Workout

Friday:

AM: Calliet Style Chest, Arms and Abs

PM: High Intensity Interval Training, Circuit, or Zac Efron Workout

Saturday:

AM: Full Body Pump

PM: High Intensity Interval Training, Circuit, or Zac Efron Workout

Sunday: Rest Day

Juju Smith-Schuster Workout: Calliet Style Chest, Back and Arms

Incline Dumbbell Press

3×12

Dumbbell Flyes

3×12

Push Ups

10 x Descending Rep Count (10,9,8, etc)

Tricep Dumbbell Kickbacks

3×15

Tricep Cable Pushdowns

2×20

Bench Dips

10 x Descending Rep Count (10,9,8, etc)

Juju Smith-Schuster Workout: Calliet Style Legs and Ab Circuit

Dumbbell Lunges

3×30 seconds each leg

Single Leg Hip Extension

3×15 each leg

Leg Curls

3×12

Romanian Deadlifts

3×12

Air Squats

10 x Descending Rep Count (10,9,8, etc)

Ab Circuit:

A. Crunches

3×25

B. Leg Raises

3×25

C. Reverse Crunches

3×25

D. Toe Touches

3×25

E. Sit Ups

Juju Smith-Schuster Workout: Calliet Style Biceps, Triceps and Lats

Single Arm Dumbbell Rows

3×12

Neutral Grip Pulldowns

3×12

Bent Over Rows

3×12

Alternating Dumbbell Curls

3×12

Barbell Curls

3×12

Hammer Curls

Sets: 3 Reps: 12

Juju Smith-Schuster Workout: Calliet Style Chest, Arms and Abs

Superset One:

A. Dumbbell Bench Press

5×10,9,8,7,6

B. Push Ups:

5×15

Superset Two:

A. Dumbbell Flyes

5×10-6

B. Push Ups

5×10

Dumbbell Curls

4×12

Dumbbell Kickbacks

4×12 each arm

Bench Dips

4×20

Ab Circuit:

A. Crunches

3×25

B. Leg Raises

3×25

C. Reverse Crunches

3×25

D. Toe Touches

3×25

E. Sit Ups

3×25

Juju Smith-Schuster Workout: Full Body Pump

Superset One:

A. Arnold Press

3×12

B. Shoulder Front Raises w/ Weighted Plate

3×12

Superset Two:

A. Dumbbell Bench Press

3×12

B. Standing Incline Dumbbell Flyes

3×12

Superset Three:

A. Weighted Glute Bridges

3×12

B. Box Jumps

3×12

Superset Four:

A. Wide Grip Rows

3×12

B. Wide Grip Lateral Pulldowns

3×12

Superset Five:

A. Standing EZ Bar Bicep Curls

3×12

B. DB Overhead Tricep Extensions

3×12

Juju Smith-Schuster Workout Routine: Zac Efron and Juju Smith's Workout

This workout was built for Juju and Zac by NFL Trainer Jamal Liggin.

Warm Up:

Speed Ladder Drill x 15 Minutes

Medicine Ball Core Work x 10 Minutes

Workout:

Circuit:

A. Dumbbell Press

3×8-10 Reps

B. Medicine Ball Slams

3×15

C. Banded High Knee Runs

3×50 meters

Finisher:

Kettlebell Deadlift Upright Rows

3×10

Single Arm Sled Pulls

3×50 meters

Juju Smith-Schuster Workout Routine: High Intensity Interval Training Options

The best resource to have daily cross-training workout routines would be our [**Legacy Program**](#).

But, if you aren't a Legacy member and don't want to sign up, then I do still want to give you some resources you can utilize.

Here are some workouts and resources you can utilize in place of your PM session:

Jump Rope HIIT Workout:

Complete 5 Rounds

- 30 Jump Ropes
- 20 Air Squats
- 30 Jump Ropes
- 20 Plank Shoulder Taps
- 30 Jump Ropes
- 20 Plank to Push Ups
- 30 Jump Ropes
- 20 Sit Ups

High Intensity Interval Training on Bike/Treadmill/SkiErg/Assault Bike:

Complete 30-60 Minutes with this formatting:

- 1 Minute ON: Sprint (or super high intensity) for 60 Seconds

- 1 Minute OFF: Cooldown (walk/steady low intensity pace) for 60 seconds
- Rinse and Repeat

Alternative HIIT and Circuit Workouts:

Celebrity Routines with Fitness Snacks (Bell actually calls them “Microbursts”):

- [David Beckham Workout](#)
- [Kristen Bell Workout](#)

10 Minutes or Less Workouts:

- [Plank and Jump](#)
- [Climbing to a Tight Core](#)
- [Battle Ropes](#)
- [Death by Burpees](#)
- [30 Second Bodyweight Circuit](#)
- [Burpee Circuit 2](#)
- [Sprints and Bodyweight](#)
- [The Heavybag Routine](#)

Character Inspired Calisthenics Circuits + Video Guides

- [Punisher Inspired Calisthenics Circuit + Video Guide](#)
- [Nightwing Inspired Calisthenics Circuit + Video Guide](#)
- [Goku Inspired Calisthenics Circuit + Video Guide](#)
- [Spider-Man Inspired Calisthenics Circuit + Video Guide](#)
- [Green Arrow Inspired Calisthenics Circuit + Video Guide](#)
- [Naruto Inspired Calisthenics Circuit + Video Guide](#)