

# MICHAEL B. JORDAN HIIT WORKOUT ROUTINE



Bonus PDF File  
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# MICHAEL B. JORDAN HIIT WORKOUT ROUTINE

**Training Volume:**

One Circuit

(To Be Repeated)

**You will need:**

Barbell, Rower (or Cables), Dumbbells

**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.

## MICHAEL B. JORDAN WITHOUT REMORSE WORKOUT

**(High Intensity Interval Training)**

**COMPLETE FOUR ROUNDS**

*Rest 1-2 Minutes Between Rounds*

Barbell Deadlifts – 20 Reps

Rower (Stationary) – or Seated Row (light weight) – 1 min

Dumbbell Bench Press – 20 reps

Rower (Stationary) – or Seated Row (light weight) – 1 min

Bulgarian Split Squats – 20 reps

Rower (Stationary) – or Seated Row (light weight) – 1 min

Standing Military Press – 20 reps