

MICHAEL B. JORDAN KILLMONGER WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



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SUPERHEROJACKED.COM



Bonus PDF File
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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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MICHAEL B. JORDAN KILLMONGER WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

I'm going to start with the routine we get straight from *Maxim* and Michael B. Jordan's trainer (Corey Calliet). I'm also giving you a reminder that there was training on top of this (such as what Jordan describes as him getting into character with MMA, weapon training, etc.).

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.

MICHAEL B. JORDAN WORKOUT DAY 1. CHEST, BACK AND ARMS

1. INCLINE DUMBBELL PRESS

Sets: 3 Reps: 12

2. DUMBBELL FLYE

Sets: 3 Reps: 12

3. PUSHUP

Sets: 10 Reps: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

4. DUMBBELL KICKBACK

Sets: 3 Reps: 15

5. TRICEPS PUSHDOWN

Sets: 2 Reps: 20

6. BENCH DIP

Sets: 10 Reps: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

MICHAEL B. JORDAN WORKOUT DAY 2. BICEPS, TRICEPS AND LATS

1. ONE-ARM DUMBBELL ROW

Sets: 3 Reps: 12

2. NEUTRAL-GRIP PULLDOWN

Sets: 3 Reps: 12

3. BENTOVER ROW

Sets: 3 Reps: 12

4. DUMBBELL CURL

Sets: 3 Reps: 12 (Alternate arms.)

5. BARBELL CURL

Sets: 3 Reps: 12

6. HAMMER CURL

Sets: 3 Reps: 12

MICHAEL B. JORDAN WORKOUT DAY 3. LEGS AND ABS CIRCUIT

1. DUMBBELL LUNGE

Sets: 3 Reps: 30 sec. (each leg)

2. SINGLE-LEG HIP EXTENSION

Sets: 3 Reps: 15 (each leg)

3. LEG CURL

Sets: 3 Reps: 12

4. ROMANIAN DEADLIFT

Sets: 3 Reps: 12

5. SQUAT

Sets: 10 Reps: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

6A. CRUNCH

Sets: 3 Reps: 25 Rest: 0 sec.

6B. LEG RAISE

Sets: 3 Reps: 25 Rest: 0 sec.

6C. REVERSE CRUNCH

Sets: 3 Reps: 25 Rest: 0 sec.

6D. TOE TOUCH

Sets: 3 Reps: 25 Rest: 0 sec.

6E. SPRINTER SITUP

Sets: 3 Reps: 25

MICHAEL B. JORDAN WORKOUT DAY 4. CHEST, ARMS AND ABS

1A. DUMBBELL BENCH PRESS

Sets: 5 Reps: 10, 9, 8, 7, 6

1B. PUSHUP

Sets: 5 Reps: 15

2A. DUMBBELL FLYE

Sets: 5 Reps: 10 to 6

Perform 10 reps your first set, then nine on the second set, and so on down to 6 reps.

2B. PUSHUP

Sets: 5 Reps: 10

3. DUMBBELL CURL

Sets: 4 Reps: 12

4A. DUMBBELL KICKBACK

Sets: 4 Reps: 15

4B. BENCH DIP

Sets: 4 Reps: 20

5A. CRUNCH

Sets: 3 Reps: 25 Rest: 0 sec.

5B. LEG RAISE

Sets: 3 Reps: 25 Rest: 0 sec.

5C. REVERSE CRUNCH

Sets: 3 Reps: 25 Rest: 0 sec.

5D. TOE TOUCH

Sets: 3 Reps: 25 Rest: 0 sec.

5E. SPRINTER SITUP

Reps: 25 Rest: As needed

MICHAEL B. JORDAN WORKOUT DAY 5-6. MIXED MARTIAL ARTS / WEAPON TRAINING / ACTIVITY

If you're familiar with Superhero Jacked, you know we love activity days.

Here are some great resources for MMA Training right here at SHJ:

- [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](#)