

JASON MOMOA AQUAMAN WORKOUT ROUTINE



Bonus PDF File
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JASON MOMOA AQUAMAN WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

Momoa's trainer states: "I worked around Jason's social schedule and adapted the weight training to accommodate his desire to climb at the indoor rock gym 2-3 days per week." and continues to say "We didn't fatigue the muscles used for climbing (back, biceps, and forearms) the day before hitting the rock gym. Instead we trained back and biceps after climbing to overload them. This freed other days to focus on chest, shoulders and legs." – leaving us with 4+ days, depending on added activity.

Explanation Part Two:

In the sample workouts Twight shares with us, he includes multiple supersets, tri-sets and drop sets (likely to keep Momoa from being bored, and to keep the workouts intense)! For that reason I'll explain each of these.

Superset and Tri-Set:

Do each movement back to back (to back) without any break for a full set through each. Then take a break and rinse and repeat for the total.

Drop Set:

Start the weight heavy at 6 rep range, then continue without breaking for 12 reps at a lower weight, and again at a 18 rep range.

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.

Jason Momoa Aquaman Workout: Sample Schedule

Monday: Chest and Shoulders

Tuesday: Rock Climbing and/or Activity

Wednesday: Back, Biceps and Forearms

Thursday: Rock Climbing and/or Activity

Friday: Legs and Lower Body

Saturday: Rock Climbing and/or Activity

Sunday: Rest Day

Jason Momoa Aquaman Workout: Chest and Shoulders

Warm Up:

Stretch

3×10 Pull Ups

3×15 Dips

3×20 Air Squats

Workout:

Flat Bench Press

4×12

Arnold Press

4×12

Bench Press Tri-Set

A. Incline Bench Press

5×6

B. Standing Dumbbell Press

5×12

C. Push Ups

5×24

Cable Crossover Dropset

5 Rounds:

6-12-18 reps

Jason Momoa Aquaman Workout: Back, Biceps and Forearms

Warm Up:

Stretch

3×10 Pistol Squats (each leg)

3×15 Dips

3×20 Push Ups

Workout:

Deadlift

4×12

Preacher Curls

4×12

Back and Bi Tri-Set

A. Heavy Hammer Curls

5×6

B. Chin Ups

5×12

C. Cable Rows

5×24

Lateral Pulldowns Dropset

5 Rounds:

6-12-18 reps

Jason Momoa Aquaman Workout: Legs and Lower Body

Warm Up:

Stretch

3×10 Chin Ups

3×15 Dips

3×20 Push Ups

Workout:

Back Squat

4×12

Hamstring Curls

4×12

Sled/Quad Tri-Set

A. 20 Meter Sled Push

5 rounds

B. 20 Meter Sled Pull

5 rounds

C. Seated Quad Extension Dropset

5 rounds of 6-12-18

Lunge and Split Squat Superset

A. Dumbbell Walking Lunge

5×40 meters

B. Bulgarian Split Squat

5×10 each leg

Jason Momoa Aquaman Workout: Rock Climbing and/or Activity

Rock climbing is Momoa's choice for activity.

This is on top of the fact that he states how much he loves skateboarding, surfing, and tons of other activities.

He loves making his training fun.

Feel free to add in an active day of mixed martial arts training with some of the training I'll share below.

Or add in some high intensity training with some battle ropes and/or other fun variations of training (such as parkour, which I'll also add below). I also made sure to add in bodyweight programming to all the training days to amplify the Momoa feeling – which he mentions he has utilized throughout his career (even before having to bulk up).

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

High Intensity Interval Training:

- [The Best HIIT to Step Up Your Workout](#)

Mixed Martial Arts Training Resources:

- [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](#)