

# MICHAEL B. JORDAN CREED WORKOUT ROUTINE



Bonus PDF File  
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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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**Training Volume:**

6 Days per Week

**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.

## **The Michael B. Jordan Creed Workout**

45 to 60 minutes of cardio

Three sets of 25 reps of sit-ups every other day

One-mile warm-up on the treadmill

Two sets of 10 reps of push-ups

Four sets of dumbbell curls

Three rounds of 20 reps of box jumps, jump squats, and burpees

Boxing training (heavy bag, speed bag, jump rope)