

YUMEKO JABAMI 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.

YUMEKO JABAMI WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

For this one we'll be splitting upper and lower body and then also adding in different forms of cardio if you want to get some extra fat loss in as well.

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.

Yumeko Jabami Workout: Sample Workout Schedule

Monday: Upper Body Split A

Tuesday: Lower Body Split A

Wednesday: 45-60 Minutes of Varied Cardio

Thursday: Upper Body Split B

Friday: Lower Body Split B

Saturday: Active Rest Day

Sunday: Rest Day

Yumeko Jabami Workout: Upper Body Split A

Warm Up:

10 Minute Incline Walk or StairMaster

Workout:

Arnold Press

3×10

Light Dumbbell Thrusters

3×10

Kettlebell Swings

3×10

Push Ups

3×10

Cable Chest Flyes

3×10

Cardio Finisher:

20-30 Minutes of HIIT using these resources:

- [The Best HIIT to Add to Your Workout](#)
- [Jump Rope Workout Database](#)

Yumeko Jabami Workout: Lower Body Split A

Warm Up:

10 Minute Incline Walk or StairMaster

Workout:

Back Squats

3×10

DB Lunges

3×10 each leg

Single Arm Deadlift w/ KB

3×10 each arm

Hamstring Curls

3×10

Quad Extensions

3×10

Cardio Finisher:

20-30 Minutes of HIIT using these resources:

- [The Best HIIT to Add to Your Workout](#)
- [Jump Rope Workout Database](#)

Yumeko Jabami Workout: Upper Body Split B

Warm Up:

10 Minute Incline Walk or StairMaster

Workout:

Incline Dumbbell Bench Press

3×10

Sumo Deadlift High Pull with KB

3×10

Bicep Curl DB Step Ups

3×10

Assisted Chin Ups

3×10

Bent Over Rows

3×10

Cardio Finisher:

20-30 Minutes of HIIT using these resources:

- [The Best HIIT to Add to Your Workout](#)
- [Jump Rope Workout Database](#)

Yumeko Jabami Workout: Lower Body Split B

Warm Up:

10 Minute Incline Walk or StairMaster

Workout:

Bulgarian Split Squats

3×10

KB Side Lunges

3×10 each leg

Straight Leg Deadlift w/ EZ Bar

3×10

Cable Pullthroughs

3×10

Leg Press

3×10

Cardio Finisher:

20-30 Minutes of HIIT using these resources:

- [The Best HIIT to Add to Your Workout](#)
- [Jump Rope Workout Database](#)