

MACHINE GUN KELLY WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



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.

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.

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MACHINE GUN KELLY WORKOUT ROUTINE

Training Volume:

One Workout

(To Be Repeated)

You will need:

KBs and/or DBs and Medicine Ball

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.

Machine Gun Kelly Workout

Warm Up:

Adductor Rockback w/T-Spine Rotation

3×30 seconds each side

Staggered-Stance Squats

3×10

Standard Push Up w/ Shoulder Tap

3×10 total reps

Three-Way Hip Flexor Stretch

3×9 reps “each way” (swap to 3 different angles) per side

Workout:

Staggered-Stance Deadlift (MGK uses 2 KBs)

3×8 reps each side

Incline Bench Press

3×8

Medicine Ball Throw + Boxing

(Slam ball against wall and then combo heavy bag then repeat)

5 Rounds of 30 Seconds each Side [Throw]

Jammer Row

3×12