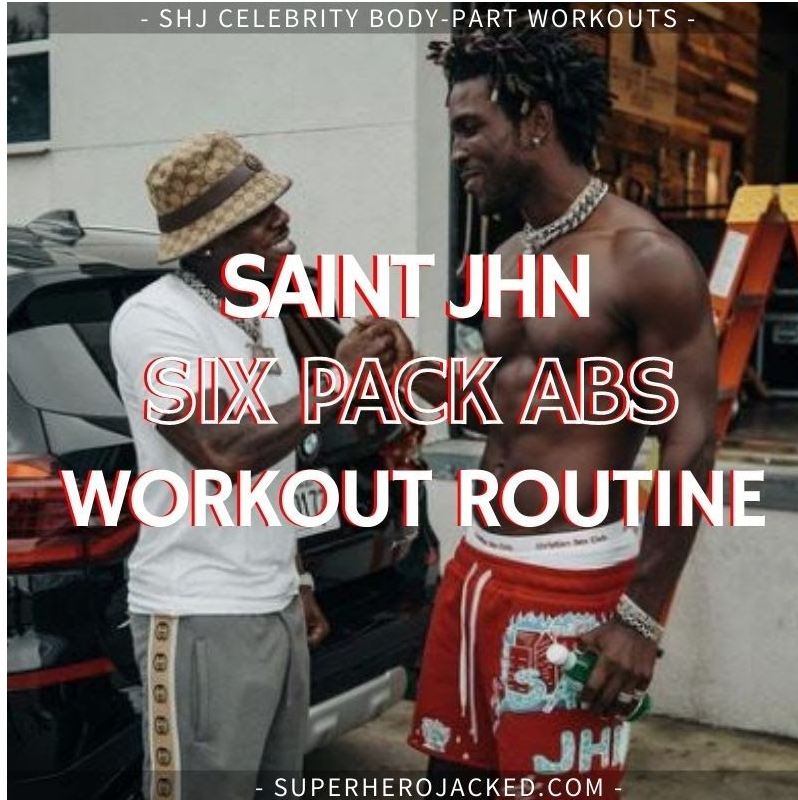


SAINT JHN AB WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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SAINT JHN AB WORKOUT ROUTINE

Training Volume:

One Day of Training

What You Need:

Resistance Bands, Boxing Gloves, Mitts, Jump Rope

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.

SAINT JHN Ab Workout

Warm Up:

Jump Rope / Jumping Jacks

60 seconds

Footwork:

Boxing Mechanics and Footwork Training

5-10 minutes of shuffles and misc. work

Boxing Combinations

Combo Training with Gloves and Mitts

1-2 Combo and 1-2-3 Combo on Mitts for 5-10+ Minutes

(He also works in hooks and ducks and some more in some of the video)

1-2 to power body shot combo work

Another 5-10+ minutes of work and then moves into blowouts for time

Workout:

Squats

20 reps

Banded Glute Abduction

10 reps each leg

Split Squats

10 reps each leg

Knee To Elbows

10 reps each leg

Abs and Core:

Russian Twists to Press

10 reps

(Right, Left, Press)

Plank to Push Up to Knee Drive (Knee Drive = Cross Body Mountain Climber)

10 reps total

Spider Planks

10 reps total

Quick Upper Body:

Banded Shoulder Activation

10 reps

Ab Circuit:

10 Crunches

10 Bicycle Crunches each side [banded]

Cooldown:

5-10 minutes of stretching and/or yoga