

JIN MORI WORKOUT ROUTINE



Bonus PDF File
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JIN MORI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with full body workouts everyday and 2 of the days will focus around endurance and stamina (while incorporating weights and calisthenics) while the other three days will function around strength building with weights with some minimal cardio for endurance.

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.

Jin Mori Workout Routine: Sample Workout Schedule

Monday: Monkey King Strength and Endurance A

Tuesday: Power Level 13 Stamina Training A

Wednesday: Monkey King Strength and Endurance B

Thursday: Power Level 13 Stamina Training B

Friday: Monkey King Strength and Endurance C

Saturday: Rest Day

Sunday: Rest Day

Jin Mori Workout Routine: Monkey King Strength and Endurance A

Warm Up:

Run 1600M

Workout:

Bench Press

4x12

Cable Pushdowns

3x10

Bent Over Rows

3x10

Preacher Curls

3x10

Upright Rows

3x10

Weighted Lunges

3×10 each leg

Sit Ups

3×30

Jin Mori Workout Routine: Power Level 13 Stamina Training A

Warm Up:

25 High Knees

25 Butt Kicks

Workout:

Complete 2 Rounds for Time

25 Pull Ups

50 Push Ups

50 Deadlifts

50 Lying Leg Raises

50 Box Jumps

50 Kettlebell Swings

25 Pull Ups

Rest 5 minutes or as needed.

Jin Mori Workout Routine: Monkey King Strength and Endurance B

Warm Up:

Run 1600M

Workout:

Deadlift

4×12

Tricep Overhead Extension

3×10

Incline Chest Flyes

3×10

Hammer Curls

3×10 each arm

Lateral Raises

3×10

Leg Press

3×10

Hanging Leg Raises

3×30

Jin Mori Workout Routine: Power Level 13 Stamina Training B

Warm Up:

25 High Knees

25 Butt Kicks

Workout:

Complete 2 Rounds for Time

800m Run

100 Push Ups

75 Air Squats

50 Pull Ups

800m Run

Rest 5 minutes or as needed.

Jin Mori Workout Routine: Monkey King Strength and Endurance C

Warm Up:

Run 1600M

Workout:

Back Squats

4×12

Cable Kickbacks

3×10 each arm

Wide Grip Lateral Pulldowns

3×10

Chin Ups

3×10

Overhead Press

3×10

Weighted Chest Dips

3×10

Planks

3×60 seconds