

JAI COURTNEY WORKOUT ROUTINE



Bonus PDF File
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JAI COURTNEY WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For Jai Courtney's Suicide Squad training he bulked up and tacked on nearly 40 lbs of mass after having cut down to 190 for Terminator. We're going to be doing 5 days of weightlifting, starting each session with some jiu jitsu that can be subbed with a cardio warm up and finishing with some sparring.

Bonus Explanation:

Courtney mentions how important it is to continue increasing the load overtime. What he's talking about is progressive overload which is extremely important, and likely pyramid training. For this we'll be using traditional pyramid training and straight sets (which you can learn more about [here](#)), and also make sure to build up your lifts over time (increasing the weight week to 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.

Jai Courtney Workout: Sample Schedule

Monday: Chest, Jiu Jitsu and Sparring

Tuesday: Back and Traps, Jiu Jitsu and Sparring

Wednesday: Shoulders, Core, Jiu Jitsu and Sparring

Thursday: Arms, Jiu Jitsu and Sparring

Friday: Legs, Core, Jiu Jitsu and Sparring

Saturday: Active Rest Day

Sunday: Rest Day

Jai Courtney Workout: Chest, Jiu Jitsu and Sparring

Warm Up:

Jiu Jitsu Training or 20-30 Minutes of Varied Cardio

You can utilize varied cardio options like treadmill, elliptical, rower, Stairmaster, bike and more.

Workout:

Bench Press

4×12, 10, 8, 5

Chest Flyes

3×12, 10, 8

Incline Dumbbell Bench Press

4×15, 12, 10, 8

Weighted Chest Dips

4×8

Dumbbell Pullovers

3×10

Incline Cable Chest Flyes

3×10

Cooldown:

10-20 Minutes of Sparring

Jai Courtney Workout: Back and Traps, Jiu Jitsu and Sparring

Warm Up:

Jiu Jitsu Training or 20-30 Minutes of Varied Cardio

You can utilize varied cardio options like treadmill, elliptical, rower, Stairmaster, bike and more.

Workout:

Deadlifts

4×12, 10, 8, 5

Bent Over Dumbbell Rows

3×12, 10, 8 each arm

Wide Grip Cable Pulldowns

4×15, 12, 10, 8

Weighted Chin Ups

4×8

Barbell Shrugs

3×10

Bent Over Lateral Raises

3×10

Cooldown:

10-20 Minutes of Sparring

Jai Courtney Workout: Shoulders, Core, Jiu Jitsu and Sparring

Warm Up:

Jiu Jitsu Training or 20-30 Minutes of Varied Cardio

You can utilize varied cardio options like treadmill, elliptical, rower, Stairmaster, bike and more.

Workout:

Overhead Press

4×12, 10, 8, 5

Standing Shoulder Front Raises

3×12, 10, 8

Power Cleans

4×15, 12, 10, 8

Handstand Push Ups

4×8

Sit Ups

3×25

Hanging Leg Raises

3×20

Cooldown:

10-20 Minutes of Sparring

Jai Courtney Workout: Arms, Jiu Jitsu and Sparring

Warm Up:

Jiu Jitsu Training or 20-30 Minutes of Varied Cardio

You can utilize varied cardio options like treadmill, elliptical, rower, Stairmaster, bike and more.

Workout:

Preacher Curls

4×12, 10, 8, 5

Cable Kickbacks

3×12, 10, 8 each arm

Close Grip Bench Press

4×15, 12, 10, 8

Weighted Tricep Dips

4×8

Standing Alternating DB Hammer Curls

3×10 each arm

Seated Overhead Tricep Extension

3×10

Cooldown:

10-20 Minutes of Sparring

Jai Courtney Workout: Legs, Core, Jiu Jitsu and Sparring

Warm Up:

Jiu Jitsu Training or 20-30 Minutes of Varied Cardio

You can utilize varied cardio options like treadmill, elliptical, rower, Stairmaster, bike and more.

Workout:

Back Squats

4×12, 10, 8, 5

Hamstring Curls

3×12, 10, 8

Leg Press

4×15, 12, 10, 8

Weighted Lunges

4×8

V-Ups

3×30

Lying Leg Raises with Hip Thrust

3×30

Cooldown:

10-20 Minutes of Sparring