

JAVICIA LESLIE 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.

JAVICIA LESLIE WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to be working around weight training like Leslie did/does with her trainer, but also remember to focus on core work and add in cardio, stretching and more! I'll also be giving you bonus resources for mixed martial arts training and alternatives.

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.

Javicia Leslie Workout: Sample Schedule

Monday: Chest, Triceps and Core Work

Tuesday: Back, Biceps and Core Work

Wednesday: Mixed Martial Arts Training (Optional)

Thursday: Shoulders, Upper and Core Work

Friday: Legs, Calves and Core Work

Saturday: Active Rest Day/Optional MMA

Sunday: Rest Day

Javicia Leslie Workout: Chest, Triceps and Core Work

Warm Up:

20 Minute Jog

Compound:

Bench Press

4×15, 12, 10, 8

Superset:

A. Tricep Cable Pushdowns

3×10

B. Tricep Cable Overhead Extension

3×10

Superset B:

A. Chest Flyes

3×10

B. Tricep Cable Kickbacks

3×10

Core Tri-Set:

A. Plank

3×60 seconds

B. Lying Leg Raises

3×25

C. V-Ups

3×20

Circuit Finisher: Complete 3 Rounds

30 Seconds of Battle Rope

10 Half Burpees

15 Push Ups

20 Mountain Climbers

Cooldown:

10-15 minutes of stretching

Javicia Leslie Workout: Back, Biceps and Core Work

Warm Up:

20 Minute Row

Compound:

Deadlifts

4×15, 12, 10, 8

Superset:

A. Cable Wide Grip Pulldowns

3×10

B. Standing Cable Straight Arm Pulldowns

3×10

Superset B:

A. Dumbbell Alternating Curls

3×10 each arm

B. Hammer Cable Curls

3×10

Core Tri-Set:

A. Side Plank

3×30 seconds each side

B. Sit Ups with Twist

3×30

C. Hanging Leg Raises

3×20

Circuit Finisher: Complete 3 Rounds

30 Seconds of Tire Flips

10 Renegade Row Push Ups

15 Second Hollow Hold

20 Air Squats

Cooldown:

10-15 minutes of stretching

Javicia Leslie Workout: Shoulders, Upper and Core Work

Warm Up:

1 Mile Jog

Compound:

Overhead Press

4×15, 12, 10, 8

Superset:

A. Light Seated Arnold Press

3×10

B. Seated Dumbbell Front Raises

3×10

Superset B:

A. Power Cleans

3×10

B. Upright Rows

3×10

Core Tri-Set:

A. Russian Twists

3×30

B. Bicycle Crunches

3×30

C. Flutter Kicks

3×30

Circuit Finisher: Complete 3 Rounds

30 Seconds of Battle Rope

10 Kettlebell Swings

15 Plank to Push Ups

20 KB Sumo Deadlift High Pulls

Cooldown:

10-15 minutes of stretching

Javicia Leslie Workout: Legs, Calves and Core Work

Warm Up:

1 Mile Jog

Compound:

Back Squats

4×15, 12, 10, 8

Superset:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

Superset B:

A. Hamstring Curls

3×10

B. Quad Extensions

3×10

Core Tri-Set:

A. Plank

3×60 seconds

B. Lying Leg Raises with Hip Thrust

3×25

C. V-Ups

3×20

Circuit Finisher: Complete 3 Rounds

30 Second Wall Sit

10 Box Jumps

15 Goblet Squats

20 Glute Bridges

Cooldown:

10-15 minutes of stretching

Javicia Leslie Workout: Bonus Training Resources

Javicia Leslie also works in [calisthenics training](#), endurance work, and muay thai (among other new MMA styles she's adding like Bo-Staff training). For this you can also add in MMA Training with the resources below, or you can sub those days with other areas of training you'd like to utilize.

MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Parkour Training Resources

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

HIIT Resources:

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

Endurance Training Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)