

# BEST JEANIST WORKOUT ROUTINE



Bonus PDF File  
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# BEST JEANIST WORKOUT ROUTINE

## Training Volume:

3-5+ days per week

## Explanation:

I'm going to give you three days of training around Push, Pull and Leg Day Split with each day incorporating endurance training and some interval work for agility and then it'll also be your job to incorporate at least two days of extra parkour training as well.

## 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.

## Best Jeanist Workout Routine: Sample Workout Schedule

**Monday:** Fiber Master Pull Day

**Tuesday:** Parkour Training

**Wednesday:** Fiber Master Push Day

**Thursday:** Parkour Training

**Friday:** Fiber Master Leg Day

**Saturday:** Optional Parkour Training or Active Rest Day

**Sunday:** Mandatory Rest Day

## **Best Jeanist Workout Routine: Fiber Master Pull Day**

### **Warm Up:**

1 Mile Jog

### **Workout:**

Kettlebell Deadlift

4×12

Single Arm Dumbbell Rows

4×12 each arm

Light Lateral Raises

3×25

Wide Grip Pull Ups

3×10

## **HIIT Finisher: 3 Rounds**

25 Mountain Climbers

15 Wide Push Ups

25 Jumping Jacks

10 Cable Rows

25 Mountain Climbers

15 Planking Shoulder Taps

25 Jumping Jacks

10 Wide Grip Lateral Pulldowns

## **Best Jeanist Workout Routine: Fiber Master Push Day**

### **Warm Up:**

1 Mile Jog

### **Workout:**

Incline Dumbbell Bench Press

4×12

Reverse Grip Cable Pushdown

4×12

Decline Parallette Push Ups

3×25

Weighted Dips

3×10

**HIIT Finisher: 3 Rounds**

25 Mountain Climbers

15 Kettlebell Swings

25 Jumping Jacks

10 Clap Push Ups

25 Mountain Climbers

15 Sumo Deadlift High Pulls

25 Jumping Jacks

10 Plank to Push Ups

**Best Jeanist Workout Routine: Fiber Master Leg Day**

**Warm Up:**

1 Mile Jog

**Workout:**

Kettlebell Goblet Squat

4×12

Bulgarian Split Squats

4×12

Sit Ups

3×25

Lying Leg Raises

3×20

**HIIT Finisher: 3 Rounds**

25 Mountain Climbers

15 Box Jumps

25 Jumping Jacks

10 Weighted Lunges (Each Leg)

25 Mountain Climbers

15 Jump Squats

25 Jumping Jacks

10 Weighted Glute Bridges

## **Best Jeanist Workout Routine: Parkour Training Resources**

### **Parkour Training Resources**

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

### **Alternative HIIT Resources**

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