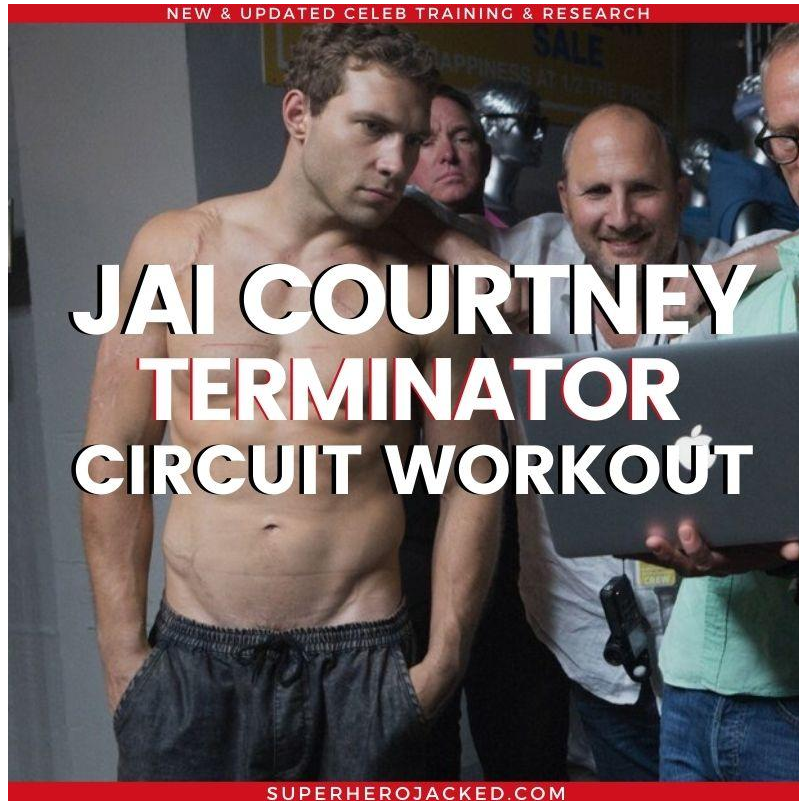


JAI COURTNEY TERMINATOR CIRCUIT WORKOUT ROUTINE



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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JAI COURTNEY TERMINATOR CIRCUIT WORKOUT ROUTINE

Training Volume: One Day of Training

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 *Terminator* Circuit Workout

This workout is shared by GQ but courtesy of celeb trainer Aaron Williamson!

Complete 5 Rounds for Time:

Battle Ropes x 30 Seconds

30" Box Jumps x 15 reps

Row Sprints x 30 Seconds

Dead Ball Overhead Slams – 15kg x 15 reps

TRX Unilateral Push Ups x 15 reps

Sled + Rope Pull – 40 KG Sled Sprints x 30 seconds