

# JOLYNE KUJO 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.

# JOLYNE KUJO WORKOUT ROUTINE

## Training Volume:

4-5 days per week

## Explanation:

Like we did for Josuke, we're still going to be training with 4 days of calisthenics and HIIT and then one day of option endurance work or other optional training with mixed martial arts or even parkour.

## 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.

## Jolyne Kujo Workout Routine: Sample Workout Schedule

**Monday:** Soft and Wet Arm and HIIT

**Tuesday:** Soft and Wet Legs and Abs

**Wednesday:** Jojo Endurance Training

**Thursday:** Soft and Wet Chest and HIIT

**Friday:** Soft and Wet Back and Abs

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## **Jolyne Workout Routine: Soft and Wet Arms and HIIT**

Chin Ups

3×10

Bench Dips

3×15

Wide Grip Assisted Chin Ups

3×10

Dips

3×15

Wide to Close Knee Push Ups

3×10

**HIIT: Complete 15-30 Minutes**

- 30 Second Spring
- 90 Second Walk

### Alternative HIIT Workouts

## **Jolyne Workout Routine: Soft and Wet Legs and Abs**

### **Warm Up:**

5-10 Minute Walk

or

3×100 Jump Rope

### **Workout:**

Glute Bridges

3×15

Alternating Pistol Squats

3×10

Wide to Narrow Squats

3×15

Box Kumps

3×10

Lunges

3×30 (total)

**Ab Workout:**

Planks

3×60 seconds

Hollow Hold

3×30 seconds

Superman Hold

3×30 seconds

**Short Circuit 3 Sets**

(Try not to touch your feet to the floor until you finish each set)

20 Lying Leg Lifts

20 Scissor Kicks

20 Second Hollow Rock

3×25 Sit Ups

## **Jolyne Workout Routine: Jojo Endurance Training**

**Another portion of this routine is extra endurance training to burn fat and build your stamina.**

*For that reason you're going to be running based on your fitness level:*

**Beginner:** 1-3 miles

**Intermediate:** 3-5 miles

**Advanced:** 5+ miles

You can also use some of our celeb and character endurance workouts to step it up a notch if you want.

### **Running Based Celebrity and Character Workouts**

- [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](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

## **Jolyne Workout Routine: Soft and Wet Chest and HIIT**

Standard Knee Push Ups

3×20

Diamond Knee Push Ups

3×10

Wall Climbs

3×10

Inch Worm to Push Ups

3×10

Plank to Push Ups

3×15

**HIIT: Complete 15-30 Minutes**

- 30 Second Spring
- 90 Second Walk

*Alternative HIIT Workouts*

**Jolyne Workout Routine: Soft and Wet Back and Abs**

**Warm Up:**

5-10 Minute Walk

or

3×100 Jump Rope



**Workout:**

Pike Push Ups

3×15

Wide Grip Pull Up Negatives

3×10

Wide Grip Push Ups

3×15

Wide Grip Assisted Pull Ups

3×10

Pull Up Hold

3×Failure

**Ab Workout:**

Planks

3×60 seconds

Hollow Hold

3×30 seconds

Superman Hold

3×30 seconds

### **Short Circuit 3 Sets**

(Try not to touch your feet to the floor until you finish each set)

20 Lying Leg Lifts

20 Scissor Kicks

20 Second Hollow Rock

3×25 Sit Ups

## **Jolyne Workout Routine: Optional Additional Training Resources**

### **Parkour Training Resources:**

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

### **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](#)