

KENDRICK SAMPSON WORKOUT ROUTINE



Bonus PDF File
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Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other 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.

Kendrick Sampson Workout

This workout is shared by Men's Health, Kendrick Sampson and his trainer Marvin Warner!

Warm Up:

Lunge with Twist (Unweighted)

1×20 reps

Lateral Lunges

1×20 reps

Seal Jack to Squat

1×20 reps

Core Work:

Simulated Ball Slam

3×12 reps

Lateral Ball Slam

3×12 reps

Band-Resistance Plank Tucks

3×15 reps

Lower Body Work:

Trap Bar Squat

3×12 reps

High Knee Lunges to Med Ball Raises

3×10 reps each side

Upper Body Work:

Squeeze Press

3×10 reps

Dumbbell Chest Flyes

3×10 reps

Slider Pushup Reaches

3×10

Plank Walk Out

3×5