

JELLAL FERNANDES WORKOUT ROUTINE



Bonus PDF File
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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 ensure the tips given in this course are appropriate for your individual circumstances.

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JELLAL FERNANDES WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be doing 3 full body training day a week with weights, 1 day of High Intensity Interval Training and 1 day of Endurance Work.

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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Jellal Fernandes Workout Routine: Sample Workout Schedule

Monday: Heavenly Body Magic Full Body A

Tuesday: Dark Mage Endurance

Wednesday: Heavenly Body Magic Full Body B

Thursday: Telepathic High Intensity Interval Training

Friday: Heavenly Body Magic Full Body C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Jellal Fernandes Workout Routine: Heavenly Body Magic Full Body A

Warm Up Cardio:

- 5 Minute Walk
- 20 Minute Jog
- 5 Minute Walk Cooldown

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Seated Arnold Press

3×12, 10, 8

Cable Rows

3×12, 10, 8

Leg Press

3×12, 10, 8

Standing Alternating Dumbbell Curls

3×12, 10 8 each arm

Reverse Grip Cable Pushdowns

3×12, 10, 8

Core Work (Optional):

Cable Crunches

3×20

Hanging Leg Raises

3×20

Planks

3×60 Seconds

**Jellal Fernandes Workout Routine: Dark Mage
Endurance**

Warm Up:

Walk/Run 5-10 Minutes

Complete 20 Minutes of “On and Off” Sprints:

30 Seconds ON: Sprint at 100% for 30 Seconds

90 Seconds OFF: Walk and Recover for 90 Seconds

Rinse and Repeat for 20 Minutes Total

Cooldown:

Walk 5-10 Minutes

**Jellal Fernandes Workout Routine: Heavenly Body
Magic Full Body B**

Warm Up Cardio:

- 5 Minute Walk
- 20 Minute Jog
- 5 Minute Walk Cooldown

Workout:

Dumbbell Chest Flys

3×12, 10, 8

Kettlebell Swings

3×12, 10, 8

Dumbbell Deadlifts

3×12, 10, 8

Bulgarian Split Squats

3×12, 10, 8

Preacher Curls

3×12, 10 8

Overhead Tricep Extension

3×12, 10, 8

Core Work (Optional):

Sit Ups

3×20

Hanging Knee Raises

3×20

Side Planks

3×30 Seconds each side

Jellal Fernandes Workout Routine: Telepathic High Intensity Interval Training

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Complete One Round with No Rest:

25 Pull Ups

50 Deadlifts

50 Push Ups

50 Sit Ups

50 Clean and Press

50 Box Jumps

50 V-Ups

25 Pull Ups

Jellal Fernandes Workout Routine: Heavenly Body Magic Full Body C

Warm Up Cardio:

- 5 Minute Walk
- 20 Minute Jog
- 5 Minute Walk Cooldown

Workout:

Weighted Dips

3×12, 10, 8

Barbell Shrugs

3×12, 10, 8

Chin Ups

3×12, 10, 8

Back Squats

3×12, 10, 8

Cable Hammer Curls [with Rope]

3×12, 10 8

Cable Tricep Kickbacks

3×12, 10, 8 each arm

Core Work (Optional):

V-Ups

3×20

Lying Leg Raises

3×20

Russian Twists

3×30

Jellal Fernandes Workout Routine: Optional Additional Training Resources

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)

- [Sagat Workout Routine](#)

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

HIIT Training Resources:

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

Parkour Training Resources:

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