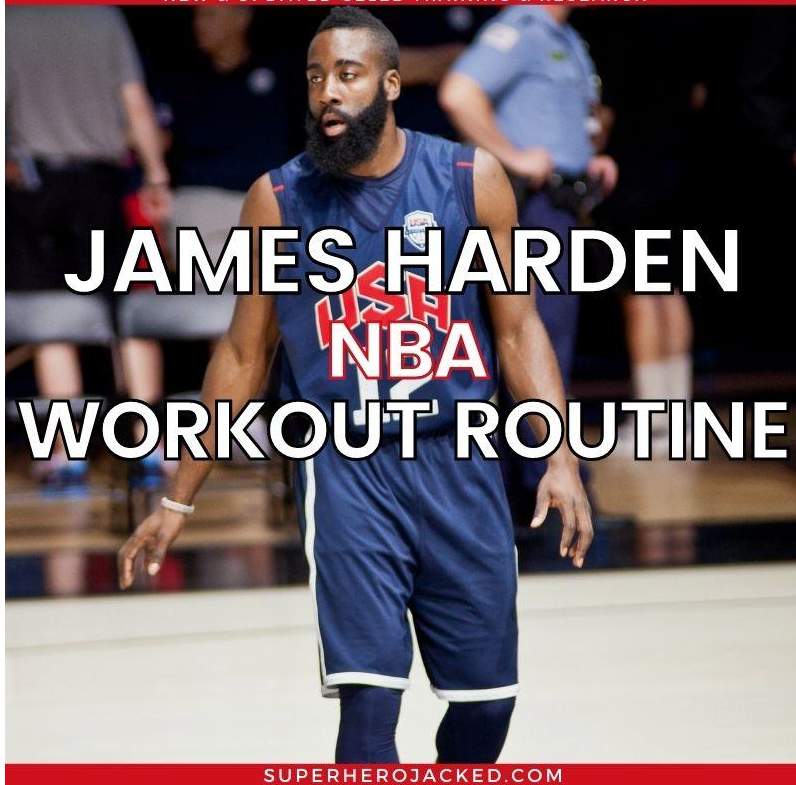


# JAMES HARDEN WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



## JAMES HARDEN WORKOUT ROUTINE

[SUPERHEROJACKED.COM](http://SUPERHEROJACKED.COM)



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 ensure 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.

# JAMES HARDEN WORKOUT ROUTINE

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

## James Harden Workout

*This workout is shared by Men's Health and Paul Fabritz.*

## James Harden Off-Season Workout Routine:

### Dynamic Warm Up:

*(2 Rounds of Each Movement/Exercise from Midline to Mid-Court)*

High Knee Skips

Over-Unders

Walking Hamstring Stretch

Quad Stretch with Lean

Frankenstein Kicks

Adductor Stretch

Hip Flexor Stretch

Quickline into The Stick – 3 Each Leg – 30 Seconds On, 30 Seconds Off

**Stability Drills:**

Euro Step Stability

3-4 sets of 4-6 reps per side

**Core Activation:**

DaVinci Plank

3 sets of 30 seconds per side

**The Workout Routine:**

Weighted Jumps (Hex Bar)

4 sets of 3-5 reps

Single Arm Dumbbell Press

4 sets of 8-12 reps per side

Rear-Foot Elevated Split Squat

4 sets of 6-8 reps per side

Inverted Rows

4 sets of 10-15 reps

**Recovery:**

Active Hamstring Stretch

10 reps per side

Samson Stretch

3-5 reps per side

Kneeling Ankle Mobility

8-12 reps per side