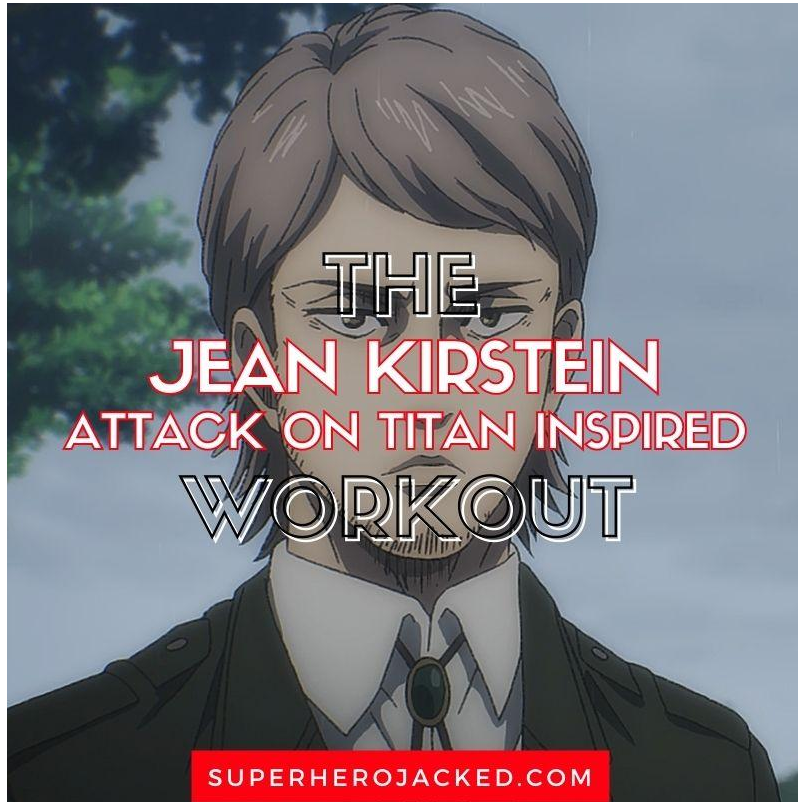


# JEAN KIRSTEIN WORKOUT ROUTINE



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 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.

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# JEAN KIRSTEIN WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

For this one we're going to be training with some base calisthenics (although pretty high intensity) and then have one day revolving around Training Corps Endurance work and another around a Survey Corps Circuit Test to really step it up a notch.

## 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.

## Jean Kirstein Workout Routine: Sample Schedule

**Monday:** Commander Calisthenics A

**Tuesday:** Training Corps Endurance Work

**Wednesday:** Commander Calisthenics B

**Thursday:** Survey Corps Circuit Test

**Friday:** Commander Calisthenics C

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Jean Kirstein Workout Routine: Commander Calisthenics A**

### **Warm Up:**

800M Jog

### **Workout:**

Superset A:

A. Pistol Squats

3×10 each leg

B. Toes to Bar (Scale to Knees to Elbow)

3×15

Superset B:

A. Decline Push Ups

3×20

B. Plank to Push Ups

3×10

Superset C:

A. Inch Worms

3×10

B. Chin Ups

3×10

## **Jean Kirstein Workout Routine: Training Corps Endurance Work**

**For your endurance or HIIT days you have quite a few options.**

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

*I'll break it down in that order:*

**Option One – Run Based on Overall Fitness Level:**

**Beginner:** 1-3 Miles

**Intermediate:** 3-5 Miles

**Advanced:** 5+ Miles

**Endurance Work 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 Continue Training After Your First 5K \(Workout Included\)](#)

**Option Two – Varied Cardio for 45-60 Minutes:**

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

**Option Three – Complete HIIT Training Using SHJ Resources:**

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

**Jean Kirstein Workout Routine: Commander Calisthenics B**

**Warm Up:**

800M Jog

**Workout:**

Superset A:

A. Clap Push Ups

3×20

B. Mountain Climbers

3×20

Superset B:

A. Box Jumps

3×20

B. Wall Sit

3×60 seconds

Superset C:

A. Wall Climbs

3×10

B. Superman Holds

3×30 seconds

## **Jean Kirstein Workout Routine: Survey Corps Circuit Test**

### **Warm Up:**

Dynamic Warm Up

5-10 Minute Walk

AND / OR

25 High Knees

25 Jumping Jacks

### **Workout: Complete 4 Rounds**

400M Run

25 Push Ups

20 Sit Ups

15 Box Jumps

10 Tricep Extensions (Calisthenics)

5 Pull Ups



# **Jean Kirstein Workout Routine: Commander Calisthenics C**

## **Warm Up:**

800M Jog

## **Workout:**

### Superset A:

A. Wide To Close Squats

3×20

B. Jumping Lunges

3×10 total

### Superset B:

A. Wide Push Ups

3×15

B. Close Push Ups (Diamonds)

3×15

### Superset C:

A. Sit Ups

3×20

B. Hollow Hold

3×30 Seconds

## **Jean Kirstein 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](#)

### **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](#)