

JOSEPH JOESTAR 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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JOSEPH JOESTAR WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training with three days of heavy push, pull and legs, and then two days of bonus accessory work which will end up being full body training days.

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.

Joseph Joestar Workout Routine: Sample Schedule

Monday: Ripple Push Day Training

Tuesday: Hermit Purple Accessory Full Body Work

Wednesday: Ripple Pull Day Training

Thursday: Hermit Purple Accessory Full Body Work

Friday: Ripple Leg Day Training

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Joseph Joestar Workout Routine: Ripple Push Day Training

Warm Up:

10 Minute Warm Up Walk/Jog/Row/Bike

Workout:

Bench Press

Warm Up: 15, 12, 10

Working Sets: 2, 4, 6, 8

Increase weight during warm ups, then go heavy and decrease weight during Reverse Pyramid Training working sets.

Accessory Work:

Arnold Press

3×12, 10, 8

Tricep Cable Pushdowns

3×12, 10, 8

Cable Chest Flys

3×10

Endurance Work:

30 Minutes of Varied Endurance Work

Run, Row, Bike, Elliptical, StairMaster

**Joseph Joestar Workout Routine: Hermit Purple Accessory
Full Body Work**

Warm Up:

10 Minute Jog

Workout:

Incline Bench Press

3×10

Leg Press

3×10

Upright Rows

3×10

Chin Ups

3×10

Kettlebell Swings

3×10

Cable Rows

3×10

Joseph Joestar Workout Routine: Ripple Pull Day Training

Warm Up:

10 Minute Warm Up Walk/Jog/Row/Bike

Workout:

Deadlift

Warm Up: 15, 12, 10

Working Sets: 2, 4, 6, 8

Increase weight during warm ups, then go heavy and decrease weight during Reverse Pyramid Training working sets.

Accessory Work:

Bent Over Rows

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Wide Grip Cable Pulldowns

3×10

Endurance Work:

30 Minutes of Varied Endurance Work

Run, Row, Bike, Elliptical, StairMaster

**Joseph Joestar Workout Routine: Hermit Purple Accessory
Full Body Work**

Warm Up:

10 Minute Jog

Workout:

Bulgarian Split Squats

3×10

Cable Crunches

3×20

Alternating Dumbbell Snatches

3×10 each arm

Alternating Hammer Curls

3×10 each arm

Power Cleans

3×10

Push Ups

3×20

Joseph Joestar Workout Routine: Ripple Push Leg Training

Warm Up:

10 Minute Warm Up Walk/Jog/Row/Bike

Workout:

Back Squats

Warm Up: 15, 12, 10

Working Sets: 2, 4, 6, 8

Increase weight during warm ups, then go heavy and decrease weight during Reverse Pyramid Training working sets.

Accessory Work:

Weighted Glute Bridges

3×12, 10, 8

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×10

Endurance Work:

30 Minutes of Varied Endurance Work

Run, Row, Bike, Elliptical, StairMaster

Joseph Joestar Workout Routine: Optional Additional Training Resources

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 \(Workout Included\)](#)

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](#)

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](#)