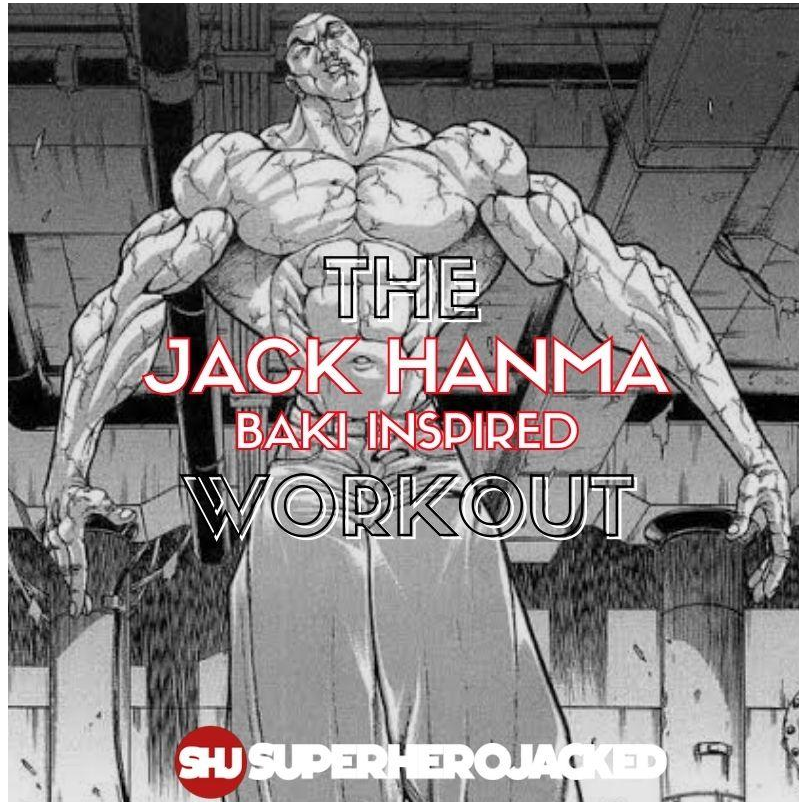


# JACK HANMA WORKOUT ROUTINE



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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# JACK HANMA WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

We're going to be training six days a week with heavy lifting and high volume. If you see the rep scheme going low to high that indicates RPT, whereas high to low indicates traditional pyramid and straight through with the same rep scheme throughout indicates straight sets. You can read more about [pyramid training](#) here.

## 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.

## Jack Hanma Workout Routine: Sample Workout Schedule

**Monday:** Super-Science Experiment Chest and Cardio

**Tuesday:** Super-Science Experiment Shoulders and Cardio

**Wednesday:** Super-Science Experiment Triceps and Cardio

**Thursday:** Super-Science Experiment Back and Cardio

**Friday:** Super-Science Experiment Legs and Cardio

**Saturday:** Super-Science Experiment Biceps and Cardio

**Sunday:** Rest Day

## **Jack Hanma Workout: Super-Science Experiment Chest and Cardio**

### **Warm Up:**

10-15 Minute Incline Walk

### **Workout:**

Barbell Chest Press

4x4, 6, 8, 10

Incline Dumbbell Press

4x12, 10, 8, 6

Cable Crossovers

4x12

Dumbbell Flyes

4x12

Dips

4x20

Push Ups

4x20

## **Cardio**

*Cardio can be varied, but I recommend [Academy](#) members utilize our Benchmark Hero Workouts and SHJ Core Benchmark Test Circuits.*

Complete 30-45 Minutes of Varied Cardio or Alternative HIIT Options

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

## **Jack Hanma Workout: Super-Science Experiment Shoulders and Cardio**

### **Warm Up:**

10-15 Minute Incline Walk

### **Workout:**

Barbell Overhead Press

4x4, 6, 8, 10

Cable Front Raises

4x12

Dumbbell Arnold Presses

4x12, 10, 8, 6

Barbell Shrugs

4x12

Rear Delt Cable Raise

4x12

Pull Ups

4x12

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## **Jack Hanma Workout: Super-Science Experiment Triceps and Cardio**

### **Warm Up:**

10-15 Minute Incline Walk

### **Workout:**

Skull Crushers

4×4, 6, 8, 10

Overhead Tricep Extension

4×12, 10, 8, 6

One Arm Reverse Grip Tricep Extension

4×12

Tricep Push Downs

4×12

Close Grip Bench Press

4×12

Cable/Dumbbell Kickbacks

4×12

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# Jack Hanma Workout: Super-Science Experiment Back and Cardio

## Warm Up:

10-15 Minute Incline Walk

## Workout:

Deadlift

4×4, 6, 8, 10

Wide Grip Lateral Pull Downs

4×12, 10, 8, 6

Close Grip Lateral Pull Downs

4×12

One Arm Seated Cable Rows

4×12

Hammer Strength Rows

4×12

Wide Grip Pull Ups

4×12

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## **Jack Hanma Workout: Super-Science Experiment Legs and Cardio**

### **Warm Up:**

10-15 Minute Incline Walk

### **Workout:**

Squats

4×4, 6, 8, 10

Calf Raises

4×12

Dumbbell Weighted Lunges

4×12

Leg Press

4×12, 10, 8, 6

Hack Squat

4x12

Box Jumps

4x12

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## **Jack Hanma Workout: Super-Science Experiment Biceps and Cardio**

### **Warm Up:**

10-15 Minute Incline Walk

### **Workout:**

Preacher Curls

4x4, 6, 8, 10

Dumbbell Hammer Curls

4×12, 10, 8, 6

Spider Curls

4×12

Overhead Cable Curls

4×12

Zottman Curls

4×12

Chin Ups

4×12

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- [Jump Rope Workout Database](#)

## **Jack Hanma Workout Routine: Optional Additional Training Resources**

### **Endurance 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 \(Workout Included\)](#)

### **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](#)