

JEAN PIERRE POLNAREFF 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.

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JEAN PIERRE POLNAREFF WORKOUT ROUTINE

Training Volume:

4-5+ days per week

Explanation:

For this one we're going to be training around the four big compound lifts and then tacking on an endurance/HIIT day to really put our mass and speed training to the test one day per week.

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 Pierre Polnareff Workout Routine: Sample Schedule

Monday: Silver Chariot Bench Press Day

Tuesday: Silver Chariot Deadlift Day

Wednesday: Endurance and/or HIIT Day

Thursday: Silver Chariot Overhead Press Day

Friday: Silver Chariot Back Squat Day

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Jean Pierre Polnareff Workout Routine: Silver Chariot Bench Press Day

Warm Up:

10 Minute Incline Walk or Elliptical

Compound Focus:

Bench Press

Warm Up Sets: 15-12-10

Working Sets: 5-5-5-5

Accessory Work:

Reverse Grip Cable Pushdowns

3×12, 10, 8

Incline Dumbbell Bench Press

3×12, 10, 8

Overhead Tricep Extensions

3×10

Chest Flys

3×10

Dips

3×10

Optional Core Work:

Cable Crunches

3×20

Hanging Knee Raises with Twist

3×20

**Jean Pierre Polnareff Workout Routine: Silver Chariot
Deadlift Day**

Warm Up:

10 Minute Incline Walk or Elliptical

Compound Focus:

Deadlifts

Warm Up Sets: 15-12-10

Working Sets: 5-5-5-5

Accessory Work:

Wide Grip Cable Rows

3×12, 10, 8

High Cable Curls

3×12, 10, 8

Hammer Strength Pulldowns

3×10

Reverse Cable Flys

3×10

Chin Ups

3×10

Optional Core Work:

Sit Ups

3×20

Lying Leg Raises

3×20

Jean Pierre Polnareff Workout Routine: Endurance and/or HIIT Day

For your endurance, HIIT or MMA/Parkour 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 Pierre Polnareff Workout Routine: Silver Chariot Overhead Press Day

Warm Up:

10 Minute Incline Walk or Elliptical

Compound Focus:

Overhead Press

Warm Up Sets: 15-12-10

Working Sets: 5-5-5-5

Accessory Work:

Barbell Shrugs

3×12, 10, 8

Cable Front Raises

3×12, 10, 8

Power Cleans

3×10

Upright Rows

3×10

Dumbbell Shrugs [for Reps]

3×30

Optional Core Work:

V-Ups

3×20

Hanging Leg Raises

3×20

Jean Pierre Polnareff Workout Routine: Silver Chariot Back Squat Day

Warm Up:

10 Minute Incline Walk or Elliptical

Compound Focus:

Back Squat

Warm Up Sets: 15-12-10

Working Sets: 5-5-5-5

Accessory Work:

Leg Press

3×12, 10, 8

Bulgarian Split Squats

3×12, 10, 8 each leg

Weighted Glute Bridges

3×10

Hamstring Kickbacks

3×10 each leg

Quad Extensions

3×10

Optional Core Work:

Sit Ups with Twist

3×20

Toes To Bar

3×20

Jean Pierre Polnareff 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](#)