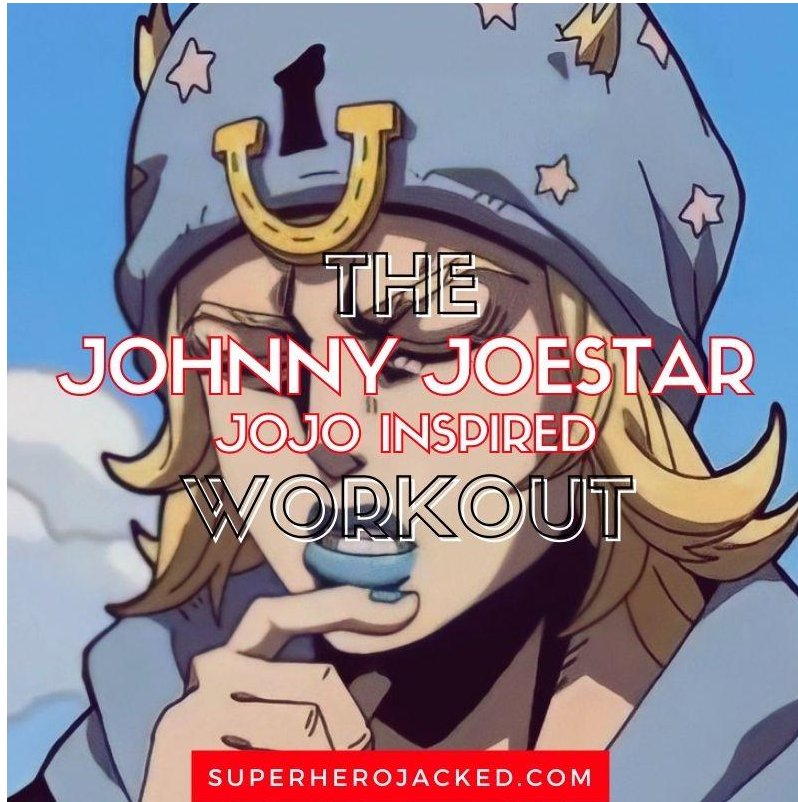


JOHNNY JOESTAR WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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JOHNNY JOESTAR WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training with 2 days of calisthenics circuits, 1 day of long distance endurance work, and another 2 days of HIIT sprints (which you can sub with more circuit training like our [jump rope workouts](#)).

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.

Johnny Joestar Workout Routine: Sample Schedule

Monday: Jockey Calisthenics Circuit A

Tuesday: Johnny HIIT Sprints or Jump Rope Circuit

Wednesday: Joestar Endurance Work

Thursday: Johnny HIIT Sprints or Jump Rope Circuit

Friday: Jockey Calisthenics Circuit B

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Johnny Joestar Workout Routine: Jockey Calisthenics Circuit A

Warm Up:

Walk 5-15 minutes

Workout: Complete 4 Rounds

400M Run

30 Mountain Climbers

20 Air Squats

30 Second Plank Hold

20 Push Ups

30 Crunches

Johnny Joestar Workout Routine: Johnny HIIT Sprints or Jump Rope Circuit

Complete 30-60 Minutes of High Intensity Interval Sprints:

- 1 Minute ON: Sprint for 60 Seconds at 7-10+ MPH
- 1 Minute OFF: Walk for 60 Seconds at 2.5-3.5 MPH

Optional Additional or Alternative Training Resources:

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

Johnny Joestar Workout Routine: Joestar Endurance Work

Run Based On Your 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 \(Workout Included\)](#)

Johnny Joestar Workout Routine: Johnny HIIT Sprints or Jump Rope Circuit

Complete 30-60 Minutes of High Intensity Interval Sprints:

- 1 Minute ON: Sprint for 60 Seconds at 7-10+ MPH
- 1 Minute OFF: Walk for 60 Seconds at 2.5-3.5 MPH

Optional Additional or Alternative Training Resources:

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

Johnny Joestar Workout Routine: Jockey Calisthenics Circuit B

Warm Up:

Walk 5-15 minutes

Workout: Complete 2 Rounds

1 Mile Run

50 Lunges

40 Push Ups

30 Sit Ups

20 Lying Leg Raises

10 Burpees

Johnny Joestar 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](#)

