

# CARMELO ANTHONY WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



## CARMELO ANTHONY OFF-SEASON NBA WORKOUT ROUTINE

[SUPERHEROJACKED.COM](http://SUPERHEROJACKED.COM)



Bonus PDF File  
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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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# CARMELO ANTHONY WORKOUT ROUTINE

## Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

## 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.

## Carmelo Anthony Off-Season Workout

*This workout is shared by Men's Health and Carmelo Anthony.*

### CARMELO ANTHONY WORKOUT:

#### Warm Up:

Form Shooting

*3 makes take 1 step back*

Lunge Shooting

*3 makes take 1 step back*

**Workout:**

1 Dripple Jumper

*Both Ways*

Corner Drifts

*3 makes in a row*

Double Tap Jab Jumper

*Both Sides*

Jab Jumper

*Both Sides*

Back to Basket Fade Away

*Fade Each Way*

1 Dribble Pushout

*3 makes on 4 attempts max*

Drifts Slot to Wing

*3 makes in a row (both sides)*

Shot Fake Slide from Corner

*3 makes in a row (both side)*

2 Handed Alley Oop