

# JADEN SMITH WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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# JADEN SMITH WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

For this one we're going to be training with a basic 5 day split, but one that is pretty high volume and utilizes both weightlifting techniques used by Smith, calisthenics, and even fat burning cardio.

## 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.

## Jaden Smith Workout: Sample Schedule

**Monday:** Back and Cardio

**Tuesday:** Chest and Abs

**Wednesday:** Legs and Cardio

**Thursday:** Shoulders and Abs

**Friday:** Arms and Cardio

**Saturday:** The Miz Cardio Day

**Sunday:** Rest Day

## **Jaden Smith Workout: Back and Cardio**

### **Warm Up and Cardio:**

30-45 Minutes of Varied Cardio

### **Preferred Cardio:**

- Walk/Run
- HIIT Sprints
- Elliptical at Moderate Intensity

*\*\*Cardio can be done before or after your workout.\*\**

### **Back Training:**

Deadlift

4×5

Wide Lateral Pulldowns

4×8-12 reps

Dumbbell Rows

4×12-15 each arm

Hammer Strength Rows

4×10

Single Arm Cable Rows

3×12 each arm

Straight Arm Cable Pulldowns

2×15

## **Jaden Smith Workout: Chest and Abs**

### **Warm Up:**

10-20 Minute Incline Walk

### **Back Training:**

Incline Bench Press

4×12, 10, 8, 5

Incline Chest Flys

4×8-12 reps

Hammer Strength Bench Press

4×12

Weighted Dips

3×10

Push Ups

3×30

Cable Crunches

3×20

Hanging Knee Raises

3×20

## **Jaden Smith Workout: Legs and Cardio**

### **Warm Up and Cardio:**

30-45 Minutes of Varied Cardio

### **Preferred Cardio:**

- Walk/Run
- HIIT Sprints

- Elliptical at Moderate Intensity

*\*\*Cardio can be done before or after your workout.\*\**

### **Back Training:**

Barbell Back Squats

4×12, 10, 8, 5

KB Straight Leg Deadlifts

4×8-12 reps

Leg Press

4×15

Hamstring Curls

4×10

Weighted Lunges

3×12 each leg

Seated Calf Raises

4×20

# **Jaden Smith Workout: Shoulders and Abs**

## **Warm Up:**

10-20 Minute Incline Walk

## **Back Training:**

Military Press

4×6

Lateral Raises

4×8-12 reps

Reverse Cable Flys

4×12

Seated Arnold Press

3×10

Barbell Shrugs

4×15

Decline Sit Ups

3×20



Barbell Rollouts

3×20

## **Jaden Smith Workout: Arms and Cardio**

### **Warm Up and Cardio:**

30-45 Minutes of Varied Cardio

### **Preferred Cardio:**

- Walk/Run
- HIIT Sprints
- Elliptical at Moderate Intensity

*\*\*Cardio can be done before or after your workout.\*\**

### **Back Training:**

EZ Bar Curls

4×12, 10, 8, 6

EZ Bar Skullcrushers

4×8-12 reps

Spider Curls

4×12

Tricep Dips

4×10

High Cable Curls

3×12

Cable Overhead Tricep Extension

4×15

## **Jaden Smith 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 \(Workout Included\)](#)

### **HIIT Training Resources:**

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

- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

### **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](#)