

JAMES CONNER 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.

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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JAMES CONNER 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.

James Conner Workout

This workout is shared by M&F and Arron Sain (Trainer & Chef).

JAMES CONNER WORKOUT:

Superset One:

A. Dumbbell Lateral Raise

4×15

B. Dumbbell Overhead Press

4×15

Superset Two:

A. Front Plate Raise

4×15

B. Upright Rows

4×15

Superset Three:

A. Rear Dumbbell Flys

4×15

B. Cable Face Pulls

4×15

Machine Shoulder Press

3×25

Reverse Fly Machine

3×25