

JUN GUEVARA 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.

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JUN GUEVARA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

As I mentioned: we're going to be training around superhuman physical abilities and strength, but also insanely shredded and muscular aesthetics like we see from Jun Guevara. So we'll be lifting heavy and training at a pretty high volume, but also prioritizing aesthetics in there with it.

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.

Jun Guevara Workout: Sample Workout Schedule

Monday: Number Two Back and Cardio

Tuesday: Number Two Chest, Abs and Cardio

Wednesday: Number Two Legs and Cardio

Thursday: Number Two Shoulders, Abs and Cardio

Friday: Number Two Arms and Cardio

Saturday: Active Rest Day (Optional Machine Gun Strength Circuit Test)

Sunday: Mandatory Rest Day

Jun Guevara Workout: Number Two Back and Cardio

Warm Up:

Walk 10-20 Minutes (Incline Optional)

Optional Cardio Addition:

Complete a total of 30-60 Minutes of Varied Cardio for Extra Shred (Including Warm Up)

Workout:

Deadlift

4×6

Lat Pulldowns

4×8-12

Dumbbell Rows

4×8-12 each arm

Hammer Strength Machine Rows

4×10

One Arm Cable Rows

3×12, 10, 8

Straight Arm Cable Pulldowns

2×15

Jun Guevara Workout: Number Two Chest, Abs and Cardio

Warm Up:

Walk 10-20 Minutes (Incline Optional)

Optional Cardio Addition:

Complete a total of 30-60 Minutes of Varied Cardio for Extra Shred (Including Warm Up)

Workout:

Incline Bench Press

4×6

Decline Bench Press

4×8-12

Machine Bench Press

3×12, 10, 8

Machine Flys

3×15, 12, 10

Push Ups

3×Failure

Machine Crunches

3×20

Hanging Leg Raises

3×20

Jun Guevara Workout: Number Two Legs and Cardio

Warm Up:

Walk 10-20 Minutes (Incline Optional)

Optional Cardio Addition:

Complete a total of 30-60 Minutes of Varied Cardio for Extra Shred (Including Warm Up)

Workout:

Barbell Back Squat

5×6

Romanian Deadlifts

4×8-12

Leg Press

3×10-15

Leg Curls

3×12-15

Walking Lunges

3×15 each leg

Smith Machine Calf Raises

4×25

Jun Guevara Workout: Number Two Shoulders, Abs and Cardio

Warm Up:

Walk 10-20 Minutes (Incline Optional)

Optional Cardio Addition:

Complete a total of 30-60 Minutes of Varied Cardio for Extra Shred (Including Warm Up)

Workout:

Military Press

4×6

Lateral Raises

4×8-12

Reverse Machine Flys

4×8-12

Machine Shoulder Press

3×12, 10, 8

Barbell Shrugs

3×15

Decline Sit Ups

3×20

Barbell Rollout

3×15

Jun Guevara Workout: Number Two Arms and Cardio

Warm Up:

Walk 10-20 Minutes (Incline Optional)

Optional Cardio Addition:

Complete a total of 30-60 Minutes of Varied Cardio for Extra Shred (Including Warm Up)

Workout:

Barbell Back Squat

5×6

Romanian Deadlifts

4×8-12

Leg Press

3×10-15

Leg Curls

3×12-15

Walking Lunges

3×15 each leg

Smith Machine Calf Raises

4×25

Jun Guevara Workout: Number Two Optional Machine Gun Strength Circuit Test

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)

Machine Gun Strength Circuit Test: Complete For Time

Complete 4 Rounds

Deadlift x 3 @90% Max

Power Cleans x 5 @75% Max

Bench Press x 10 @60% Max

Kettlebell Swings x 15 @Moderate Weight

Jun Guevara Workout Routine: Optional Additional Training Resources

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 \(Workout Included\)](#)

HIIT Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members](#): Go through our Benchmark Hero Workouts and/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](#)