

CAPTAIN OBI INSPIRED JUMP ROPE 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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CAPTAIN OBI INSPIRED JUMP ROPE WORKOUT ROUTINE

Training Volume:

One Workout

(To Be Repeated)

Explanation:

Our new [jump rope workouts](#) can be completed in multiple different formats and are extremely easy to scale. They emulate our [Superhuman System](#) and [Core Program](#) training and are incredible for both beginner and advanced users. You can complete them by doing the “Rounds” as sets (and breaking in between), or complete the entire thing as a circuit with no break (while keeping track of your time and looking to improve the next time you do it). You can also scale by dropping the sets, or scaling the movements; as well as adding breaks where needed.

Also, don't forget to eventually [level up your jump rope and/or speed rope](#) as you progress through these [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.

Captain Obi Inspired Jump Rope Workout

COMPLETE 3-5 ROUNDS:

Jump Rope x 100

Curl to Press x 12

Jump Rope x 100

Dumbbell Deadlifts x 15

Double Unders x 30

Dumbbell Goblet Squats x 20

Jump Rope x 100

Dumbbell Snatches x 10 each arm

Jump Rope x 100

Man Makers x 5