

# JET BLACK WORKOUT ROUTINE



Bonus PDF File  
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# JET BLACK WORKOUT ROUTINE

## Training Volume:

3+ days per week

## Explanation:

For this one we're keeping it around a Push/Pull/Leg Split and low volume to adhere to beginner – intermediate levels while staying focused on building Jet Black mass. I'm also going to be including a Jet Black Circuit Test as well, but it is an optional add-on, and I'll also be including bonus resources you can tack on as well.

## 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.

## Jet Black Workout Routine: Sample Schedule

**Monday:** Bounty Hunter Push Day

**Tuesday:** Active Rest Day or Cardio

**Wednesday:** Bounty Hunter Pull Day

**Thursday:** Active Rest Day or Cardio

**Friday:** Bounty Hunter Leg Day

**Saturday:** Optional Rest Day or Jet Black Circuit Test

**Sunday:** Rest Day

## **Jet Black Workout Routine: Bounty Hunter Push Day**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Bench Press

4×12, 10, 8, 5

Seated Arnold Press

3×12, 10, 8

Cable Tricep Pushdowns

3×10

Chest Flys

3×10

Dips

3×10

## **Jet Black Workout Routine: Bounty Hunter Pull Day**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Deadlift

4×12, 10, 8, 5

Bent Over Rows

3×12, 10, 8

Cable Pulldowns

3×10

Preacher Curls

3×10

Chin Ups

3×10

## **Jet Black Workout Routine: Bounty Hunter Leg Day**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Back Squat

4×12, 10, 8, 5

Leg Press

3×12, 10, 8

Seated Calf Raises

3×10

Hamstring Curls

3×10

Quad Extensions

3×10

## **Jet Black Workout Routine: Jet Black Circuit Test (Optional)**

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!)*

### **Jet Black Circuit Test: Complete 4 Rounds for Time**

400M Run

20 Kettlebell Deadlifts

15 Kettlebell Swings

10 Kettlebell Goblet Squats

### **Jet Black Workout Routine: Optional Bonus 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 \(Workout Included\)](#)

### **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](#)