

AJ STYLES WORKOUT ROUTINE



Bonus PDF File
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AJ STYLES WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're using a strength training routine that is shared as one of AJ Styles workout routines as he was focused on bulking up and tacking on muscle – prior to switching it up with blood flow restriction training. You can tack on some sets of blood flow restriction if you'd like – but Styles himself mentions that he isn't really focused on getting bigger anymore – it's more maintenance for him.

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.

AJ Styles Workout: Sample Schedule

Monday: Legs and Calves

Tuesday: Chest Day

Wednesday: Arm Day

Thursday: Shoulder Day

Friday: Back Day

Saturday: Active Rest Day

Sunday: Rest Day (or Active Rest Cardio)

AJ Styles Workout: Legs and Calves

Warm Up:

10-20 Minute Jog

Light Calisthenics Warm Up (Squats, Push Ups, Pull Ups)

Workout:

Back Squats

4×12, 10, 8, 6

Hack Squats

3×12, 10, 8

Leg Press

4×15, 12, 10, 8

Leg Extensions

3×10

Single Leg Extensions

3×10 each leg

Seated Calf Raises

3×20

Standing Weightless Calf Raises

3×Failure

Standing Single-Leg Curls

3×12

AJ Styles Workout: Chest Day

Warm Up:

10-20 Minute Jog

Light Calisthenics Warm Up (Squats, Push Ups, Pull Ups)

Workout:

Bench Press

4×12, 10, 8, 6

Incline Barbell Press

3×12, 10, 8

Incline Machine Press

3×10

Machine Flys

3×12, 10, 8

Cable Flys

3×10

AJ Styles Workout: Arm Day

Warm Up:

10-20 Minute Jog

Light Calisthenics Warm Up (Squats, Push Ups, Pull Ups)

Workout:

Preacher Curls

3×12, 10, 8

Standing Barbell Curls

3×15

Seated DB Curls

3×10 each arm

Overhead Cambered Extensions

3×10

Rope Press Downs

3×15

Lying Tricep Extension

3×10

Seated Barbell Extensions

3×10

Single Arm Cable Press Downs

3×10 each arm

AJ Styles Workout: Shoulder Day

Warm Up:

10-20 Minute Jog

Light Calisthenics Warm Up (Squats, Push Ups, Pull Ups)

Workout:

Standing Barbell Press

4×15, 12, 10, 8

Seated Arnold Press

3×12, 10, 8

Dumbbell Lateral Raises

3×12, 10, 8

Rear-Delt Machine Flys

3×10

Machine Overhead Press

3×12

Machine Side Lateral Raises

3×10

AJ Styles Workout: Back Day

Warm Up:

10-20 Minute Jog

Light Calisthenics Warm Up (Squats, Push Ups, Pull Ups)

Workout:

Deadlifts

4×12, 10, 8, 6

High Rows

3×12, 10, 8

Single Arm Dumbbell Rows

3×15 each arm

Wide Grip Pull Ups

3×10

Bentover Barbell Rows

3×12, 10, 8

Barbell Shrugs

4×15, 12, 10, 8

Wide Grip Lateral Pulldowns

3×12, 10, 8

AJ Styles Workout: Ab Workout (Add Onto Other Days)

Workout:

Hanging Leg Raises

5×20

Bicycle Crunches

5×20

Planks

4×60 seconds

Side Crunches

4×30

Dumbbell Front Squats

3×15

Reverse Crunches

3×20

AJ Styles 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](#)

