

JASON VOORHEES 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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JASON VOORHEES WORKOUT ROUTINE

Training Volume:

4-5 days per week

Explanation:

For this one we are using a Bro-Split, but we're mixing in Reverse Pyramid Training and going HEAVY! We're also going all in on 13, for obvious reasons, and having our Friday the 13th Circuit Test to do weekly, biweekly or monthly as our fifth day of the week.

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.

Jason Voorhees Workout: Sample Workout Schedule

Monday: Crystal Lake Bench Press Day

Tuesday: Crystal Lake Squat Day

Wednesday: Friday the 13th Circuit Test

Thursday: Crystal Lake Overhead Press Day

Friday: Crystal Lake Deadlift Day

Saturday: Active Rest Day or Endurance Work

Sunday: Rest Day

Jason Voorhees Workout: Crystal Lake Bench Press Day

Warm Up:

10-15 Minute Incline Walk or Walk/Jog

Definitely do NOT swim.

Barbell Bench Press:

Warm Up: 3-5 Sets

Reverse Pyramid Training: 4×6, 8, 10, 13

Accessory Work:

Cable Tricep Pushdowns

3×13, 10, 8

Incline Dumbbell Bench Press

3×13, 10, 8

Cable Chest Flys

3×13

Skull Crushers

3×13

Weighted Dips

3×5-13

Jason Voorhees Workout: Crystal Lake Squat Day

Warm Up:

10-15 Minute Incline Walk or Walk/Jog

Definitely do NOT swim.

Barbell Back Squats:

Warm Up: 3-5 Sets

Reverse Pyramid Training: 4×6, 8, 10, 13

Accessory Work:

Leg Press

3×13, 10, 8

Glute Bridges

3×13, 10, 8

Hamstring Curls

3×13

Quad Extensions

3×13

Heavy Cable Crunches

3×25

Jason Voorhees Workout: Friday the 13th 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!)

Final Boss Circuit Test: Complete 3 Rounds for Time

25 Kettlebell Swings

20 Weighted Sit Ups

15 DB Curl to Press

10 Weighted Chin Ups

Jason Voorhees Workout: Crystal Lake Overhead Press Day

Warm Up:

10-15 Minute Incline Walk or Walk/Jog

Definitely do NOT swim.

Overhead Press:

Warm Up: 3-5 Sets

Reverse Pyramid Training: 4×6, 8, 10, 13

Accessory Work:

Barbell Shrugs

3×13, 10, 8

Shoulder Front Raises

3×13, 10, 8

Lateral Raises

3×13

Arnold Press

3×13

Russian Twists

3×30

Jason Voorhees Workout: Crystal Lake Deadlift Day

Warm Up (or Optional Cardio):

10-15 Minute Incline Walk or Walk/Jog

Definitely do NOT swim.

Deadlifts:

Warm Up: 3-5 Sets

Reverse Pyramid Training: 4×6, 8, 10, 13

Accessory Work:

Bent Over Barbell Rows

3×13, 10, 8

Wide Grip Pulldowns

3×13, 10, 8

Alternating Dumbbell Curls

3×13 each arm

High Cable Curls

3×13

Weighted Chin Ups

3x5-13

Jason Voorhees Workout: Optional Endurance Training

For your endurance, HIIT or MMA/Parkour days you have quite a few options. You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical

- Swim
- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Jason Voorhees Workout: Bonus Training Resources

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](#)