

# GENOS WORKOUT ROUTINE



Bonus PDF File  
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# GENOS 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.

## **Genos Inspired Jump Rope Workout**

### **COMPLETE 3-5 ROUNDS:**

Speed Skips x 100

Dumbbell Clean and Press x 15

Double Unders x 30

Close to Wide Push Ups x 30

Speed Skips x 100

Kettlebell Swings x 15

Double Unders x 30

Sit Ups x 30

Speed Skips x 100

Sumo Deadlift High Pull x 15