

JOHN CHO WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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JOHN CHO WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be training with 3 days a week devoted to functional strength like Cho described and then two days a week we'll utilize optional endurance and HIIT work to burn any extra fat and unlock the Spike Spiegel style physique we see Cho has in Cowboy Bebop!

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.

John Cho Workout: Sample Schedule

Monday: Functional Strength Training A

Tuesday: Fat Burn Endurance or HIIT

Wednesday: Functional Strength Training B

Thursday: Fat Burn Endurance or HIIT

Friday: Functional Strength Training C

Saturday: Active Rest Day

Sunday: Rest Day (or Active Rest Day)

John Cho Workout: Functional Strength Training A

Agility and Functionality Phase

Circuit: 3 Rounds for Time

Slider Mountain Climbers x 30 seconds

Light Bulgarian Split Squats x 10 reps each leg

Jump Rope x 50

Dumbbell Clean and Press x 20

Box Jump x 10

Push Ups x 25

Battle Rope Waves x 30 seconds

Strength Phase

Strength Superset A

A. Low Cable Fly

3x25

B. Rear Delt Flys

3x25

Strength Superset B

A. Bicep Curls

3×25

B. Tricep Pushdowns

3×25

John Cho Workout: Fat Burn Endurance or HIIT

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

John Cho Workout: Functional Strength Training B

Agility and Functionality Phase

Circuit: 3 Rounds for Time

Bicycle Crunches x 30 seconds

KB Goblet Squats x 10 reps each leg

Jumping Jacks x 50

Dumbbell Thrusters x 15

Weighted Step Ups x 20

Chin Ups x 10

Battle Rope Waves x 30 seconds

Strength Phase

Strength Superset A

A. Incline Bench Press

3×25

B. Standing Overhead Extension

3×25

Strength Superset B

A. Cable Pullthroughs

3×25

B. Weighted Lunges

3×26

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Jumping Jacks x 50

Dumbbell Thrusters x 15

Weighted Step Ups x 20

Chin Ups x 10

Battle Rope Waves x 30 seconds

Strength Phase

Strength Superset A

A. Upright Rows

3x25

B. Lateral Raises

3×25

Strength Superset B

A. Kettlebell Swings

3×25

B. Weighted Lunges

3×25

John Cho Workout Routine: Optional Additional 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](#)