



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



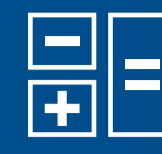
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## JAI COURTNEY WORKOUT: HOW JAI GOT SWOLE FOR TERMINATOR GENISYS

Are you ripped enough to fight for humanity? Follow this 6 week program based on Jai Courtney's training principles to get shredded like Kyle Reese!

Link to Workout: <https://www.muscleandstrength.com/workouts/jai-courtney-workout-terminator-genisys>

**Main Goal:** Lose Fat  
**Training Level:** Beginner  
**Program Duration:** 6 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 60-90 Mins  
**Equipment:** Bodyweight, Dumbbells, Other  
**Author:** Brad Borland

### Monday

Exercise	Sets	Reps
Warm Up: 5 - 10 Minute Jog		
<a href="#">Diamond Push Up</a>	3 - 6	10 - 20
<a href="#">Inverted Row</a>	3 - 6	10 - 20
Bodyweight <a href="#">Bulgarian Split Squat</a>	3 - 6	10 - 20
<a href="#">Floor Crunch</a>	3 - 6	10 - 20
<a href="#">Jump Squat</a>	3 - 6	10 - 20
5 - 10 Wind Sprints of a short distance.		

### Tuesday

Exercise	Sets	Reps
Warm Up: 5 - 10 Minute Jog		
<a href="#">Diamond Push Up</a>	3 - 6	10 - 20
<a href="#">Medium Grip Chin Up</a>	3 - 6	10 - 20
Box Jump	3 - 6	10 - 20
Pike Push Up	3 - 6	10 - 20
<a href="#">Hanging Leg Lift</a>	3 - 6	10 - 20
40 Mins of long, steady-state <a href="#">Cardio</a> of choice.		

### Thursday

Exercise	Sets	Reps
Warm Up: 5 - 10 Minute Jog		
<a href="#">Feet Elevated Inverted Row</a>	3 - 6	10 - 20
TRX Push Up	3 - 6	10 - 20
V - Ups	3 - 6	10 - 20
<a href="#">Walking Lunge</a>	3 - 6	10 - 20
<a href="#">Goblet Squat</a>	3 - 6	10 - 20
5 - 10 Wind Sprints of a short distance.		

### Friday

Exercise	Sets	Reps
Warm Up: 5 - 10 Minute Jog		
<a href="#">Dumbbell Deadlift</a>	3 - 6	10 - 20
Depth Push Up	3 - 6	10 - 20
TRX Row	3 - 6	10 - 20
Single-Leg TRX Squat	3 - 6	10 - 20
<a href="#">Planks</a>	3 - 6	20 Secs
40 Mins of long, steady-state <a href="#">Cardio</a> of choice.		