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## MICHAEL B. JORDAN INSPIRED WORKOUT: TRAIN LIKE BLACK PANTHER'S KILLMONGER

Work out like Black Panther's Killmonger & Creed's Adonis Creed with the Michael B. Jordan inspired workout program. Read on to learn more about the program!

Link to Workout: <https://www.muscleandstrength.com/workouts/michael-b-jordan-workout-program>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 8 Weeks  
**Days Per Week:** 5 - 7 Days  
**Time Per Workout:** 60-90 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines  
**Author:** Josh England

### Day 1: Chest, Shoulders, & Triceps

Exercise	Sets	Reps
Warm Up: Stretch, SMR, Perform 5 - 10 Mins of Jump Roping or Jog 1 Mile.		
<a href="#">Incline Dumbbell Bench Press</a>	4	12, 10, 8, 8
<a href="#">Dumbbell Fly</a>	3	12
<a href="#">Machine Shoulder Press</a>	4	12, 12, 10, 10
<a href="#">Lateral Raise</a>	3	12, 10, 10
<a href="#">Dumbbell Shrug</a>	3	12
<a href="#">(Weighted) Dip</a>	3	12, 10, 8
<a href="#">Skullcrusher</a>	2	12, 10
<b>Cardio:</b> Perform 15 - 30 Mins of intervals. Michael B. Jordan would likely perform some heavy bag intervals, speed bag intervals, or sparring.		

### Day 2: Legs & Core

Exercise	Sets	Reps
Warm Up: Stretch, SMR, Perform 5 - 10 Mins of Jump Roping or Jog 1 Mile.		
<a href="#">Barbell Squat</a>	4	12, 10, 8, 8
<a href="#">Leg Press</a>	3	12
<a href="#">Leg Curl</a>	3	12, 10, 10
<a href="#">Leg Extension</a>	3	12, 10, 10
<a href="#">Standing Machine Calf Raise</a>	3	15 - 20
<a href="#">Seated Calf Raise</a>	3	15 - 20
<a href="#">Plank</a>	3	20 Secs
<a href="#">Decline Sit Up</a>	3	12 - 15
<a href="#">Hanging Leg Raise</a>	3	12 - 15
<b>Cardio:</b> Perform 15 - 30 Mins of intervals. Michael B. Jordan would likely perform some heavy bag intervals, speed bag intervals, or sparring.		

### Day 3: Back & Biceps

Exercise	Sets	Reps
Warm Up: Stretch, SMR, Perform 5 - 10 Mins of Jump Roping or Jog 1 Mile.		
<a href="#">Lat Pulldown</a>	4	12, 12, 10, 10
<a href="#">T - Bar Row</a>	4	12, 10, 8, 8
<a href="#">Weighted Pull Up</a>	3	12, 10, 8
<a href="#">Underhand Barbell Row</a>	3	12, 10, 8
<a href="#">Hyperextension</a>	3	12 - 15
<a href="#">Barbell Curl</a>	3	12, 10, 8
<a href="#">Hammer Curl</a>	3	12
<b>Cardio:</b> Perform 15 - 30 Mins of intervals. Michael B. Jordan would likely perform some heavy bag intervals, speed bag intervals, or sparring.		

### Day 4: Rest Day & Optional Abs

Exercise	Sets	Reps
Active rest: Perform something you enjoy (e.g. Basketball, yoga & meditation, a lengthy walk, etc.). You could also perform speed & agility drills.		
<a href="#">Sit Up</a>	3	15 - 20
<a href="#">Plank</a>	3	20 Secs
<a href="#">Side Plank</a>	3	20 Secs Each Side
<a href="#">Bicycle Crunch</a>	3	10 Each Side
<a href="#">Flutter Kicks</a>	3	15 Each Leg

### Day 5: Chest, Shoulder, & Triceps

Exercise	Sets	Reps
Warm Up: Stretch, SMR, Perform 5 - 10 Mins of Jump Roping or Jog 1 Mile.		
<a href="#">Seated Dumbbell Press</a>	4	12, 10, 8, 8
<a href="#">Bent Over Reverse Fly</a>	3	12
<a href="#">Dumbbell Bench Press</a>	4	12, 10, 8, 8
<a href="#">Push Up</a>	3	12 - 15
<a href="#">Close Grip Push Up</a>	3	12 - 15
<a href="#">Rope Pressdown</a>	3	12, 10, 8
<b>Cardio:</b> Perform 15 - 30 Mins of intervals. Michael B. Jordan would likely perform some heavy bag intervals, speed bag intervals, or sparring.		

### Day 6: Pull & Posterior Day

Exercise	Sets	Reps
Warm Up: Stretch, SMR, Perform 5 - 10 Mins of Jump Roping or Jog 1 Mile.		
<a href="#">Deadlift</a>	4	12, 10, 8, 8
<a href="#">Close Grip Lat Pulldown</a>	3	12, 10, 8
<a href="#">Dumbbell Curl</a>	3	12
<a href="#">Barbell Hip Thrust</a>	3	12, 10, 8
<a href="#">Dumbbell Stiff Leg Deadlift</a>	3	12, 10, 8
<a href="#">Standing Machine Calf Raise</a>	3	15 - 20
<a href="#">Seated Calf Raise</a>	3	15 - 20
<b>Cardio:</b> Perform 15 - 30 Mins of intervals. Michael B. Jordan would likely perform some heavy bag intervals, speed bag intervals, or sparring.		

### Day 7: Rest Day & Optional Abs

Exercise	Sets	Reps
Active rest: Perform something you enjoy (e.g. Basketball, yoga & meditation, a lengthy walk, etc.). You could also perform speed & agility drills.		
<a href="#">Sit Up</a>	3	15 - 20
<a href="#">Plank</a>	3	20 Secs
<a href="#">Side Plank</a>	3	20 Secs Each Side
<a href="#">Bicycle Crunch</a>	3	10 Each Side
<a href="#">Flutter Kicks</a>	3	15 Each Leg