

# KAKASHI HATAKE WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# KAKASHI HATAKE WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

I train 6 days a week with two 3 day splits. I do a push-pull-legs, and a cardio and calisthenics day. My training obviously also rotates depending on my goals, and also depending on what I'm beta testing. For Coach Derek I shared all his programming. For me, it'll be a little difficult being that I've programmed nearly 400 of the workouts on the site and 99% of the workouts in The Academy and also our Superhero Programs. That being said, I will be writing you a workout that I always seem to come back to.

*This is programmed after researching over 200+ celebrities and creating another 200+ character workouts to reach what I feel is peak conditioning in all aspects of SuperHuman abilities.*

## Extra Note:

I almost always do my workouts in circuits and supersets after my main compound lift. I still do the accessory work listed, but I find that I can get 9+ exercises in for a high volume workout by doing them in this fashion, without losing any weight off the top of my increase in progressive overload.

## Kakashi Hatake Workout: Training Schedule

*Note that cardio can be done before OR after your training. I switch it up depending on how I'm feeling.*

*You can also opt to add in any of the mixed martial arts programs instead of the additional cardio done within this program.*

**Monday:** Cardio and Push Day

**Tuesday:** Cardio and Calisthenics

**Wednesday:** Cardio and Push Day

**Thursday:** Cardio and Calisthenics

**Friday:** Cardio and Push Day

**Saturday:** Cardio and Calisthenics

**Sunday:** Off Day

## **Kakashi Hatake Workout: Push Day**

### **Cardio:**

30-45 minute of varied cardio

*Generally I'll do 15 minutes of each, but sometimes I opt for 20 minutes of 2 instead:*

Incline Treadmill Walk

Steady Elliptical Pacing at Level 5-7

Steady StairMaster Pacing at Level 5-7

### **Workout:**

Main Compound Lifts: Bench Press and Military Press

Reverse Pyramid Training: 3-5, 5-6, 6-8, 8-10, 10-15

*Don't forget to warm up before going for your heavy sets.*

**Chest & Tricep Complimentary Accessory (Choose 1-3 from this list):**

Incline Bench Press

Chest Flyes (Flat, Incline, Decline/DB, Cables)

DB Pullovers

Tricep Overhead Extensions (DB and Cables)

Tricep Kickbacks (Cables and DBs)

Tricep Cable Pushdowns

Dips

**Shoulders and Traps Complimentary Accessory (Choose 1-3 from this list):**

Skull Crushers

Arnold Press

Shoulder Front Raises (Cable or DB)

Shoulder Upright Rows (EZ Bar or DB)

Barbell Shrugs

DB Shrugs

## **Kakashi Hatake Workout: Pull Day**

**Cardio:**

30-45 minute of varied cardio

*Generally I'll do 15 minutes of each, but sometimes I opt for 20 minutes of 2 instead:*

Incline Treadmill Walk

Steady Elliptical Pacing at Level 5-7

Steady StairMaster Pacing at Level 5-7

**Workout:**

Main Compound Lift: Deadlift

Reverse Pyramid Training: 3-5, 5-6, 6-8, 8-10, 10-15

*Don't forget to warm up before going for your heavy sets.*

**Back and Bicep Complimentary Accessory (Choose from this list):**

Bent Over Rows (DB and BB)

Lateral Pulldown (Close and Wide Grip)

Lateral Raises

Preacher Curls

Bicep Curl Variations

Hammer Curls

*Feel free to add in extra lat work and/or trap work if not completed on push day.*

## **Kakashi Hatake Workout: Leg Day**

**Cardio:**

30-45 minute of varied cardio

*Generally I'll do 15 minutes of each, but sometimes I opt for 20 minutes of 2 instead:*

Incline Treadmill Walk

Steady Elliptical Pacing at Level 5-7

Steady StairMaster Pacing at Level 5-7

**Workout:**

Main Compound Lift: Back Squat

Reverse Pyramid Training: 3-5, 5-6, 6-8, 8-10, 10-15

*Don't forget to warm up before going for your heavy sets.*

**Leg and Calf Complimentary Accessory (Choose from this list):**

Leg Press

Hamstring Curls

Weighted Lunges

Leg/Quad Extension

Glute Bridges

Calf Raises

## **Kakashi Hatake Workout: Calisthenics and Cardio**

**On my calisthenics and cardio days I always do at least 60 minute sessions.**

*I generally do 20-30 minute of that 60 minute as HIIT training on the treadmill or bike, and then I swap back to some varied cardio jumping back and forth from machines every 15-20 minutes like my weight training days.*

## **Calisthenics:**

I tend to do these in a superset as follows, but I will tally up the reps and list them out for you at the end.

### **Superset:**

A. Pull Ups

5×10-15

B. Dips

5×20-25

C. Push Ups

5×30-50

D. Hanging Leg Raises

5×20-25

*By superset I mean that I complete these movements in one straight set all the way through and I don't take any breaks until I'm done with one full set of each. Then I'll break and do another four rounds of that with a short break in between each.*

### **Total Reps to Shoot for:**

Pull Ups: 50-75



Dips: 100-125

Push Ups: 150-250

Hanging Leg Raises: 100-125

## **Kakashi Hatake Workout: Option Mixed Martial Arts and Parkour**

Also consider adding in some mixed martial arts training to really step your SuperHuman training up a notch.

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.