

SASUKE UCHIHA WORKOUT ROUTINE



Bonus PDF File
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SASUKE UCHIHA WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

For this one I'm going to be giving you 4 days of strength training paired with a mixed martial arts routine and some endurance work to really keep you in the fight. While Sasuke couldn't train with these same exercises, for this routine we're working on building strength through weightlifting as opposed to his peer Naruto, which we used calisthenics as the main proponent.

Mixed Martial Arts and Sword Fighting:

For your mixed martial arts and sword training I'm going to be using a day from The Deathstroke routine which is programmed by our Coach Derek from our Academy. I'll be pairing day two which is titled: "The Way of the Warrior: Sword Training & MMA", but I'll also be giving you some more of our parkour and MMA programs to utilize if you'd like as well.

Sasuke Workout: Training Schedule

Monday: Chest and Triceps

Tuesday: Legs and Core

Wednesday: Parkour and Endurance Work (Run 3-5 miles and utilize [Nightrunner Parkour](#))

Thursday: Back and Biceps

Friday: Shoulders and Core

Saturday: Parkour and Endurance Work (Run 3-5 miles and utilize [Nightrunner Parkour](#))

Sunday: Off Day

Sasuke Workout: Chest and Triceps

Warm Up:

15-30 minute jog (feel free to run on and off)

Workout:

Bench Press

4×12

Decline Cable Flyes

4×12

Cable Overhead Tricep Extension

4×12

EZ Bar Skull Crushers

4×12

Incline Dumbbell Bench Press

4×12

Weighted Dips

4×12

Sasuke Workout: Legs and Core

Warm Up:

15-30 minute jog (feel free to run on and off)

Workout:

Back Squat (Can sub Hack or Goblet)

4×12

Hamstring Curls or Kickbacks

4×12

Quad/Leg Extension

4×12

DB Weighted Lunges Superset w/ Standing Calf Raises

4×12 each

Core:

Cable Crunches

4×25

Hanging Leg Raises (or Knee Raises)

4×15-20

Planks

4×60 seconds

Sasuke Workout: Back and Biceps

Warm Up:

15-30 minute jog (feel free to run on and off)

Workout:

Deadlift (can be done with DB or KB if preferred)

4×12

Wide Grip Lateral Pulldowns

4×12

Hammer Curls w/ Cables

4×12

EZ Bar Standing Curls

4×12

Bent Over Rows (DB or T-Bar)

4×12

Weighted Chin Ups

4×12

Sasuke Workout: Shoulders and Core

15-30 minute jog (feel free to run on and off)

Workout:

Seated DB Overhead Press

4×12

Seated DB Front Raises

4×12

Face Pulls w/ Cable

4×12

DB Arnold Press Light Superset w/ Upright Rows

4×12 each

Core:

Sit Ups

4×25

Lying Leg Raises

4×25

Side Planks

4×30 seconds each side

Sasuke Workout: Additional MMA and Parkour Training

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.