

HINATA HYUGA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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HINATA HYUGA WORKOUT ROUTINE

Training Volume:

5+ days a week

Explanation:

You're going to be training with some simple (but not easy) calisthenics, paired with yoga, mixed martial arts and some parkour. Throw in some sprints for both endurance work, agility and over fat burn, and you'll be becoming Hinata Hyuga in no time!

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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

Hinata Hyūga Workout: Sample Workout Schedule

Monday: Calisthenics, Yoga and MMA

Tuesday: Sprints/Speed and Parkour

Wednesday: Calisthenics, Yoga and MMA

Thursday: Sprints/Speed and Parkour

Friday: Calisthenics, Yoga and MMA

Saturday: Rest or Extra MMA/Parkour Training

Sunday: Rest or Extra MMA/Parkour Training

Hinata Hyūga Workout: Calisthenics, Yoga and MMA Days

Calisthenics:

Complete all reps by the end of the day using as many sets as needed.

- Push Ups: 150
- Air Squats: 150
- Dips: 100
- Sit Ups: 100
- 75 Lunges (each leg)
- 75 Pull Ups

SHJ Yoga Resources:

Feel free to utilize our yoga resources inside [The Academy](#), random YouTube videos, or even some of these articles:

- [Different Yoga Styles: An Overview to Superhuman Yoga Training](#)
- [11 Yoga Poses for Beginners](#)
- [What You Need To Know Before Starting Yoga](#)
- [Why Do People Do Yoga? Top Reasons Why You Should Incorporate It Into Your Routine](#)

MMA Resources:

Here are some resources if you'd like to add in some mixed martial arts training (*but keep in mind there's no better way to train MMA than to get into a local gym and have a partner/coach*):

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)
- [Anna Diop](#)
- [Frank Grillo](#)
- [Ryan Potter](#)

Hinata Hyūga Workout: Sprints/Speed and Parkour

Sprints:

Complete 10-20 round of sprints in one of the two formats below:

- 1 Minute On, One Minute Off
 - Sprint for 1 Minute
 - Cooldown for 1 Minute (Rest)
- 30 Seconds On, 90 Seconds Off
 - Sprint for 30 Seconds
 - Rest for 90 Seconds
 - The idea behind this one is that you can get a more intense sprint in.

Speed:

Squats (Goblet, Landmine or Back Squats)

4×12

Weighted Lunges (Barbell or Dumbbell)

4x12

Kettlebell Swings

4x12

Burpees

4x12

High Knees

4x50 meters

Double Unders

4x20

Parkour:

- [SHJ Parkour Guide](#)
 - This is our Nightrunner Workout that Academy member Felix and I built together.