

YUSUKE URAMESHI WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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YUSUKE URAMESHI WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to be following a calisthenics workout 5 days a week which will jump back and forth in focus. Three days a week we will focus on calisthenics work and finish up with a high intensity circuit (as if we leveled up) and sprints, and the other two days a week we will focus in on endurance work while finishing off with a much lower calisthenics routine. The "+" you see is because I will also be giving you some resources for parkour and mixed martial arts if you want to add those in on top of the routine.

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.

Yusuke Urameshi Workout: Sample Workout Schedule

Monday: Calisthenics, Calisthenics Circuit and Sprints A

Tuesday: Endurance Work and Low Volume Calisthenics

Wednesday: Calisthenics, Calisthenics Circuit and Sprints B

Thursday: Endurance Work and Low Volume Calisthenics

Friday: Calisthenics, Calisthenics Circuit and Sprints C

Saturday: Rest, Parkour or MMA

Sunday: Rest, Parkour or MMA

Yusuke Urameshi Workout: Calisthenics, Circuit and Sprints A

Weighted Calisthenics:

Push Ups

4x25

Dips

4x15

Air Squats

4x12

Chin Ups

4x8

Calisthenics Circuit:

5 Rounds for Time

25 Mountain Climbers

20 Sit Ups

15 Plank to Push Ups

10 Double Unders

5 Wall Climbs

Sprints:

20 Minutes of On-and-Off Sprints

Structure:

Walk for 40-50 Seconds (depending on cooldown)

Increase Speed for Sprint using Extra 10 Seconds

Sprint for 30 Seconds

Slow speed for 5-10 Seconds

Yusuke Urameshi Workout: Endurance and Low Volume Calisthenics

Choose between a long distance cardio format and complete:

- 10 Mile Bike
- 5 Mile Run/Walk
- 5k Row

Low Volume Calisthenics:

Push Ups

5×20

Lying Leg Raises

5×20

Chair Dips

5×15

Triangle Push Ups

5×10

Pike Push Ups

5×10

Yusuke Urameshi Workout: Calisthenics, Circuit and Sprints B

Weighted Calisthenics:

Push Ups

4×25

Dips

4×15

Air Squats

4×12

Chin Ups

4×8

Calisthenics Circuit:

5 Rounds for Time

25 Jumping Jacks

20 Sit Ups w/ Twist

15 Inch Worms

10 Box Jumps

5 Burpees

Sprints:

20 Minutes of On-and-Off Sprints

Structure:

Walk for 40-50 Seconds (depending on cooldown)

Increase Speed for Sprint using Extra 10 Seconds

Sprint for 30 Seconds

Slow speed for 5-10 Seconds

Yusuke Urameshi Workout: Endurance and Low Volume Calisthenics

Choose between a long distance cardio format and complete:

- 10 Mile Bike
- 5 Mile Run/Walk
- 5k Row

Low Volume Calisthenics:

Push Ups

5×20

Lying Leg Raises

5×20

Chair Dips

5×15

Triangle Push Ups

5×10

Pike Push Ups

5×10

Yusuke Urameshi Workout: Calisthenics, Circuit and Sprints C

Weighted Calisthenics:

Push Ups

4×25

Dips

4×15

Air Squats

4×12

Chin Ups

4×8

Calisthenics Circuit:

5 Rounds for Time

25 Body Rows

20 Jumping Lunges

15 Second Side Plank Each Side

10 Clap Push Ups

5 Burpees

Sprints:

20 Minutes of On-and-Off Sprints

Structure:

Walk for 40-50 Seconds (depending on cooldown)

Increase Speed for Sprint using Extra 10 Seconds

Sprint for 30 Seconds

Slow speed for 5-10 Seconds

Yusuke Urameshi Workout: Parkour and 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](#)

As for Parkour, which will definitely be made easier with your endurance training, and necessary to embody Yusuke, you can utilize our SHJ Parkour

Guide which comes in the form of our [Nightrunner](#) workout which was made by myself and [Academy](#) member Felix!