

TENYA IIDA WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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TENYA IIDA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

While the overall goal of this is to get into shape to become Tenya Iida, we're going to still be having fun with it and base it around his quirk. For that reason we'll have a running and leg focus, while still training our upper bodies to replicate his muscular physique. We'll be doing one day of full body training, one upper, one lower, and two days devoted to running and speed training.

Difficulty Level:

Intermediate

When we do our celebrity and character workouts we base the difficulty level off of their routines/their powers. For this one it's just a judgement call on how I believe we can best get you looking like each character. For that reason I'm providing a level for each.

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.

Tenya Iida Cosplay Workout: Sample Workout Schedule

Monday: Full Body Workout

Tuesday: Long Distance Running

Wednesday: Upper Body Workout

Thursday: Speed Training

Friday: Lower Body Workout

Saturday: Rest Day

Sunday: Rest Day

Tenya Iida Cosplay Workout: Full Body Workout

Warm Up:

50 Butt Kicks

50 High Knees

50 Jumping Jacks

Workout:

Push Ups

4x25

Jumping Lunges

4x20 [total]

Sit Ups

4x25

Dips

4x15

Jump Squats

4x25

Pike Push Ups

4x10

Calf Raises

4x30

Tenya Iida Cosplay Workout: Long Distance Running

For this one we're going to be working on progression into long distance running.

You can follow a Couch to 10K if you'd like, but I suggest fitting in 1-2 days of running a week so that the rest of this workout is still doable.

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

But, we also have a few Couch to 10K workouts as well.

Couch to 10K Training Options:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)

Tenya Iida Cosplay Workout: Upper Body Workout

Warm Up:

50 Butt Kicks

50 High Knees

50 Jumping Jacks

Workout:

Regular Push Ups

4x25

Wide Grip

4x20

Close Grip

4x15

Dips

5×10

Pull Ups

5×5

Chin Ups

5×5

Tenya Iida Cosplay Workout: Speed Training

We're taking this one right from Kid Flash's Workout.

This one is shared originally by Men's Journal.

- **Hill Sprints**
 - **Beginner:** Complete 3-5 reps. "Remember, this is pure explosiveness, so it should be difficult," Bradshaw says. You can always increase the time for fewer reps, too. Completely recover between reps. Take about 3-5 minutes in between.
 - **Advanced:** Complete 5-6 reps, taking 3-5 minutes rest in between each rep
- **Interval Runs**
 - **Beginner:**
 - run 50 meters
 - walk/jog 50 meters
 - run 100 meters
 - walk/jog 50 meters
 - run 150 meters
 - walk/jog 50 meters
 - run 200 meters
 - walk/jog 50 meters

- run **250 meters**
 - walk/jog 50 meters
 - **Advanced:** Complete the same workout above, only go “up and down” the ladder. Once you run 250 meters, work your way back down (200m, 150m, 100m, 50m).
- **Fartleks (Swedish for “speed play”) – 15 minute workout:**
 - **Beginner:– 1-minute run**
 - 1-min walk/jog
 - **2-minute run**
 - 2-minute walk/jog
 - **3-minute run**
 - 2-minute walk/jog
 - **4-minute run**
 - 3-minute walk/jog
 - **5-minute run**
 - 3-minute walk/jog
 - **Advanced:** Follow the same workout pattern above—1 minute, 2 minutes, 3 minutes, 4 minutes, and 5 minutes—only with a 2-minute jog for active recovery between each. Once you’ve reached 5 minutes and completed the 2-minute recovery, go back down the ladder and complete 5 minutes, 4 minutes, 3 minutes, 2 minutes, 1 minute.
- **Sprints – Short and Long**
 - **How to do a long-sprint workout:** For long sprints that’ll tap into your speed endurance, do 2-3 sessions per week.
 - **Beginner:** Complete 6-8 sprints of 100 meters at 75%-80% effort. (“This means you can utter a few words, but can’t maintain a conversation,” Bradshaw says.) Recover for 50-60 seconds between reps.
 - **Advanced:** Complete 8-10 sprints of 100 meters at 80-85% effort. At this intensity, you’re pushing very hard, but not going as fast/hard as you can. Recover for 45 seconds in between reps.

- **How to do a long-sprint workout:** For long sprints that'll tap into your speed endurance, do 2-3 sessions per week.
 - **Beginner:** Complete 3 sprints of 300 meters at 75% effort. Recover for 3 minutes between sprints.
 - **Advanced:** Do two sets, each 3 sprints of 300 meters at 75% effort. Recover for 2-3 minutes between sprints, and 5 minutes between sets.

Tenya Iida Cosplay Workout: Lower Body Workout

Warm Up:

50 Butt Kicks

50 High Knees

50 Jumping Jacks

Workout:

Goblet Squats

4x25

Weighted Glute Bridges

4x25

Donkey Kicks

4x20 each leg

Fire Hydrants

4x20 each leg

Box Jumps

4x20

Side Squats

4x20 [total]