

# BORUTO UZAMAKI WORKOUT ROUTINE



Bonus PDF File  
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# BORUTO UZAMAKI WORKOUT ROUTINE

## Training Volume:

5-6 days per week

## Explanation:

I'm going to program you 3 days of cross-training that will involve typical weight training, calisthenics and a circuit all in one day (three days of it) and then 2-3 days will also be devoted to mixed martial arts and parkour training as well; which I will provide resources for.

## 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.

## Boruto Workout: Sample Workout Schedule

**Monday:** Push Day, Calisthenics and Circuit

**Tuesday:** Mixed Martial Arts and/or Parkour

**Wednesday:** Pull Day, Calisthenics and Circuit

**Thursday:** Mixed Martial Arts and/or Parkour

**Friday:** Leg Day, Calisthenics and Circuit

**Saturday:** Mixed Martial Arts and/or Parkour (or Rest)

**Sunday:** Rest Day

## **Boruto Workout: Push Day, Calisthenics and Circuit**

### **Warm Up:**

400-800m Jog

### **Push Day Weights:**

Dumbbell Bench Press

4×12

Seated Dumbbell Arnold Press

4×12

### **Calisthenics:**

Push Ups

3×30

Sit Ups

3×25

Air Squats

3×20

Dips

3×15

Pull Ups

3×10

**Circuit:**

20-15-10 (Three Rounds, Descending Reps)

Kettlebell Swings

Box Jumps

## **Boruto Workout: Pull Day, Calisthenics and Circuit**

**Warm Up:**

400-800m Jog

**Push Day Weights:**

Kettlebell Deadlifts

4×12

Dumbbell Bent Over Rows

4×12 each arm

## **Calisthenics:**

Wide Push Ups

3×30

Lying Leg Lifts

3×25

Lunges

3×20

Dips

3×15

Chin Ups

3×10

## **Circuit:**

20-15-10 (Three Rounds, Descending Reps)

Bodyweight Rows

Dumbbell Curl to Press

## **Boruto Workout: Leg Day, Calisthenics and Circuit**

### **Warm Up:**

400-800m Jog

**Push Day Weights:**

Goblet Squats (with KB or DB)

4x12

Weighted Lunges (with KB or DB)

4x12 each leg

**Calisthenics:**

Wide Push Ups

3x30

Lying Leg Lifts

3x25

Lunges

3x20

Dips

3x15

Chin Ups

3x10

## **Circuit:**

20-15-10 (Three Rounds, Descending Reps)

Straight Leg Single Arm Deadlift with KB

Weighted Step Ups on 36" Box

## **Boruto Workout: Mixed Martial Arts and Parkour Resources**

### **Mixed Martial Arts Routines**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

### **Parkour Training Resources:**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)