

INO YAMANAKA 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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INO YAMANAKA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to be mainly training utilizing yoga and calisthenics. I will program you 2-3 days of calisthenics based training and also provide you with some resources for yoga training. It will be your decision if you will use yoga or calisthenics 3 days a week, and which you will strictly use 2 days a week. Assuming you won't be utilizing one or the other I will also be providing you Parkour and Mixed Martial Arts Training Resources to take advantage of as well. These can be subbed in for either style of training at any time.

Additionally, I suggest adding in one day (or more) devoted to endurance training, which can be added on top of other training in the form of a run. The last portion of your training will come from speed and agility training that will be added in 1-2 times a week on top of any training day you are able to perform extra.

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.

Ino Yamanaka Workout: Sample Workout Schedule

Monday: Yoga and Speed Training

Tuesday: Calisthenics Training A

Wednesday: Yoga and Endurance

Thursday: Calisthenics Training B

Friday: Yoga and Speed Training

Saturday: Optional Rest Day OR Add-on Programming

Sunday: Optional Rest Day OR Add-on Programming

Ino Yamanaka Workout: Calisthenics Routine A

Warm Up:

5-10 Minutes of Yoga Movements

Workout: 5 Rounds

50 Jumping Jacks

10 Plank to Push Ups

15 Mountain Climbers

5 Burpees

20 Lying Leg Raises w/ Hip Thrust

Cooldown:

5-10 Minutes of Meditation

Ino Yamanaka Workout: Calisthenics Routine B

Warm Up:

5-10 Minutes of Yoga Movements

Workout: 1 Round

80 Jumping Jacks

70 Second Plank

60 Flutter Kicks

50 Push Ups

40 Air Squats

30 Box Jumps

20 Chair Dips

10 Burpees

Cooldown:

5-10 Minutes of Meditation

Ino Yamanaka Workout: Calisthenics Routine C

Warm Up:

5-10 Minutes of Yoga Movements

Workout: 3 Rounds of Descending Reps (First Round 30, Second Round 20, Third Round 10)

Pike Push Ups

Lunges

Sit Ups

Cooldown:

5-10 Minutes of Meditation

Ino Yamanaka Workout: Additional Resources (Yoga, Endurance, Parkour, MMA, and Speed)

Yoga Resources:

- [Jennifer Aniston Workout Routine](#)
- [Yoga With Tim YouTube](#)
- [Yoga With Adriene YouTube](#)

Endurance Resources:

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

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](#)

Speed Training Resources:

- [Kid Flash Workout Routine and Diet Plan](#)