

NANA SHIMURA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

NANA SHIMURA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be basing this one around our big compound lifts with one day devoted to the endurance work required to be a user of One For All. For that reason we'll have four big lifting days, two days of pure rest, and one day devoted to endurance.

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.

Nana Shimura Workout Routine: Sample Workout Schedule

Monday: Bench Press, Chest and Triceps

Tuesday: Deadlifts, Back and Biceps

Wednesday: Endurance Work

Thursday: Overhead Press, Shoulders and Traps

Friday: Back Squats, Legs and Calves

Saturday: Rest Day

Sunday: Rest Day

Nana Shimura Workout Routine: Bench Press, Chest and Triceps

Warm Up:

800m Jog

Compound Lift: Bench Press

Warm Up 1-2 Sets

Pyramid Training 10, 8, 5 reps

Workout:

Close Grip Bench

3×10

Incline Dumbbell Bench Press

3×10

Tricep Dumbbell Kickbacks

3×10 each arm

Incline Dumbbell Chest Flyes

3×10

Weighted Dips

3×5

Nana Shimura Workout Routine: Deadlift, Back and Biceps

Warm Up:

800m Jog

Compound Lift: Deadlift

Warm Up 1-2 Sets

Pyramid Training 10, 8, 5 reps

Workout:

Standing EZ Bar Curls

3×10

Wide Grip Lateral Pulldown

3×10

Single Arm Hammer Strength Rows

3×10 each arm

Concentration Curls

3×10

Weighted Chin Ups

3×5

Nana Shimura Workout Routine: Endurance Work

You have a few options for this one.

You can do some HIIT options you more than likely have seen here at SHJ using sprints on the treadmill, rower, or even other variations (bike, elliptical, etc), or you can do distance training, which is what I specifically had in mind when I thought of One For All endurance.

Here's your endurance work based on fitness levels:

Beginner: Run 1-3 Miles

Intermediate: Run 3-5 Miles

Advanced: Run 5+ Miles

Nana Shimura Workout Routine: Overhead Press, Shoulders and Traps

Warm Up:

800m Jog

Compound Lift: Overhead Press

Warm Up 1-2 Sets

Pyramid Training 10, 8, 5 reps

Workout:

Barbell Shrugs

3×10

Barbell Upright Rows

3×10

Barbell Hang Cleans

3×10

Standing Alternating Dumbbell Front Raises

3×10

Standing Dumbbell Side Raises

3×10

Nana Shimura Workout Routine: Back Squats, Legs and Calves

Warm Up:

800m Jog

Compound Lift: Back Squats

Warm Up 1-2 Sets

Pyramid Training 10, 8, 5 reps

Workout:

Barbell Lunges

3×10

Leg Press

3×10

Calf Raises on Leg Press

3×10

Hamstring Curls

3×10

Seated Calf Raises

3×10