

TOKITA OHMA WORKOUT ROUTINE



Bonus PDF File
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TOKITA OHMA WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're going to be following the same structure as we did for Baki's Calisthenics workout with a PPL type split for our calisthenics work and then 3 days devoted to HIIT for endurance and intensity with some core finishers.

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.

Tokita Ohma Workout Routine: Sample Workout Schedule

Monday: Upper Body Focused Calisthenics Work

Tuesday: HIIT Workout A and Core A

Wednesday: Full Body Calisthenics Work

Thursday: HIIT Workout B and Core B

Friday: Lower Body Focused Calisthenics Work

Saturday: HIIT Workout C and Core C

Sunday: Rest Day

Tokita Ohma Workout Routine: Upper Body Focused Calisthenics Work

Warm Up:

800m Run

Workout:

Clap Push Ups

4x10

Pike Push Ups

4x10

Dips

4x10

Chin Ups

4x10

Diamond Push Ups

4x10

Wide Grip Pull Ups

4×10

Tokita Ohma Workout Routine: HIIT Workout A and Core A

Warm Up:

Walk/Jog

Workout: Complete 3 Rounds

25 Double Unders

10 Burpees

25 Jumping Jacks

10 Box Jumps

25 High Knees

10 Wall Climbs

25 Butt Kickers

10 Explosive Push Ups

Core A:

Russian Twists

3×30

Sit Ups w/ Twist

3×30

Hanging Knee Raises w/ Side Twist

3×30

Alternative HIIT Workouts:

- [The Best HIIT Workouts to Step Up Your Training](#)

Tokita Ohma Workout Routine: Full Body Calisthenics Work

Warm Up:

800m Run

Workout:

Wide to Close Push Ups

4×10

In and Out Jump Squats

4×10

Double Unders

4×10

Handstand Push Ups

4x10

Side Lunges

4x10 each leg

Half Burpess

4x10

Tokita Ohma Workout Routine: HIIT Workout B and Core B

Warm Up:

Walk/Jog

Workout: Complete 5 Rounds

10 Pull Ups

50 High Knee Skips

20 Push Ups

50 Alternating Skips

20 Air Squats

50 Double Unders

10 Pull Ups

Core B:

Side Planks

3×30 seconds

Lying Leg Raises w/ Hip Thrust

3×30

Bicycle Crunches

3×30

Alternative HIIT Workouts:

- [The Best HIIT Workouts to Step Up Your Training](#)

Tokita Ohma Workout Routine: Lower Body Focused Calisthenics Work

Warm Up:

800m Run

Workout:

Alternating Pistol Squats

4×10 each leg

Glute Bridges

4×10

Jumping Lunges

4×10 each leg

Pause Squats (Stutter at Parallel or Below)

4×10

Box Jumps @ 36+”

4×10

Wall Sit

4×60 Seconds

Tokita Ohma Workout Routine: HIIT Workout C and Core C

Warm Up:

Walk/Jog

Workout: Complete 1 Rounds

Run 1600 Meters

200 Air Squats

150 Push Ups

50 Pull Ups

Run 1600 Meters

Core C:

Weighted Plank

3×60 seconds

Hanging Leg Raises

3×30

Cable Crunches

3×30

Alternative HIIT Workouts:

- [The Best HIIT Workouts to Step Up Your Training](#)

Tokita Ohma Workout Routine: Mixed Martial Arts Training Resources

Mixed Martial Arts Training Resources:

- [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](#)