

# ITACHI UCHIHA 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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# ITACHI UCHIHA WORKOUT ROUTINE

## Training Volume:

5-6 days a week

## Explanation:

We'll be utilizing 3 days of calisthenics, 2 days devoted to Jump Rope HIIT and 1 optional day of endurance training.

## 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.

## Itachi Uchiha Workout Routine: Sample Workout Schedule

**Monday:** Calisthenics A and Row

**Tuesday:** Jump Rope HIIT

**Wednesday:** Calisthenics B and Bike

**Thursday:** Jump Rope HIIT

**Friday:** Calisthenics C and Swim

**Saturday:** Endurance, Parkour and MMA

**Sunday:** Rest Day

## **Itachi Uchiha Workout Routine: Calisthenics A and Row**

### **Warm Up:**

Jump Rope Warm Up

3×50 High Knees

### **Workout:**

#### *Superset A:*

A. Close to Wide Push Ups

3×20

B. Dips

3×10

#### *Superset B:*

A. Chin Ups

3×10

B. Mountain Climbers

3×20

*Superset C:*

A. Air Squats

3×20

B. Hanging Leg Raises

3×10

**Row Finisher:**

Row 1600m

## **Itachi Uchiha Workout Routine: Calisthenics B and Bike**

**Warm Up:**

Jump Rope Warm Up

3×50 High Knees

**Workout:**

*Superset A:*

A. V-Ups

3×20

B. Handstand Push Ups

3×10

*Superset B:*

A. Wide Grip Pull Ups

3×10

B. Lying Leg Raises

3×20

*Superset C:*

A. Alternating Pistol Squats

3×20

B. Clap Push Ups

3×10

**Row Finisher:**

Bike 3200m

**Itachi Uchiha Workout Routine: Calisthenics C and Swim**

**Warm Up:**

Jump Rope Warm Up

3×50 High Knees

**Workout:**

*Superset A:*

A. Regular Push Ups

3×20

B. Plank

3×60 Seconds

*Superset B:*

A. Pull Ups

3×10

B. Inch Worms

3×20

*Superset C:*

A. Dips

3×20

B. Glute Bridges

3×10

**Row Finisher:**

Bike 1200m

## Itachi Uchiha Workout Routine: Jump Rope HIIT

We do have a ton of different [HIIT workout variations](#) for you to utilize, but I personally suggest jump rope HIIT to really vary your training with even more calisthenics and even weights.

*For this I recommend jumping into our [Jump Rope Workouts Database](#) and choosing from there.*

You should complete 30-60 minutes for the day OR 5 rounds of the jump rope workout you choose.

## Itachi Uchiha Workout Routine: Endurance, Parkour and MMA

For this one all these training methods can actually be added in throughout your entire week if you're really looking to be like Itachi Uchiha.

*That being said, I will be sharing resources from the site for all of them.*

### Running/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](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

### Parkour Training Resources

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



## MMA Training Resources:

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