

RIN OKUMURA 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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RIN OKUMURA WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

For this one 6 days might seem like a ton of training but we're actually going to be utilizing 3 days of full body weight training mixed with 3 days of a base calisthenics workout paired with cardio and/or mixed martial arts 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.

Rin Okumura Workout Routine: Sample Workout Schedule

Monday: Full Body Training A

Tuesday: Calisthenics and Cardio, MMA or Parkour

Wednesday: Full Body Training B

Thursday: Calisthenics and Cardio, MMA or Parkour

Friday: Full Body Training C

Saturday: Calisthenics and Cardio, MMA or Parkour

Sunday: Rest Day

Rin Okumura Workout Routine: Full Body Training A

Warm Up:

3×50 Jump Rope

Workout:

Incline Bench Press

3×10

Seated DB Arnold Press

3×10

KB Goblet Squats

3×10

Wide Grip Lateral Pulldowns

3×10

Preacher Curls

3×10

Tricep Cable Kickbacks

3×10 each arm

Rin Okumura Workout Routine: Full Body Training B

Warm Up:

3×50 Jump Rope

Workout:

Chest Flyes

3×10

Kettlebell Swings

3×10

Leg Press

3×10

Cable Rows

3×10

Alternating Dumbbell Bicep Curls

3×10 each arm

Overhead DB Tricep Extensions

3×10

Rin Okumura Workout Routine: Full Body Training C

Warm Up:

3×50 Jump Rope

Workout:

Bench Press

3×10

Lateral Raises

3×10

Bulgarian Split Squats

3×10

Kettlebell Deadlifts

3×10

Hammer Curls with Cable and Rope Grip

3×10

Tricep Cable Pushdowns with Rope Grip

3×10

Rin Okumura Workout Routine: Calisthenics and Cardio, MMA or Parkour Resources

Calisthenics Base Workout:

Warm Up:

3×20 Double Unders

3×20 Butt Kickers

3×20 High Knees

Workout:

Push Ups

4×25

Air Squats

4×20

Sit Ups

4×20

Dips

3×15

Chin Ups

3×10

It's going to be up to you to get in your cardio after your calisthenics workout.

What type of cardio you decide to do is dependent on your own goals with this routine.

I personally like to utilize HIIT, but you can decide to do any style you like for 30-60+ minutes.

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 \(Workout Included\)](#)

Alternative HIIT Training:

- [The Best HIIT to Level Up Any Workout](#)
- [Jump Rope Workout Routines](#)

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](#)