

SAKURA HARUNO 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.

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.

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SAKURA HURANO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We'll be utilizing 3 days a week of calisthenics training with HIIT and then another 2 days will be devoted to MMA and Parkour training, which I will provide resources for.

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.

Sakura Workout Routine: Sample Workout Schedule

Monday: Upper Body Calisthenics and HIIT

Tuesday: MMA and Parkour

Wednesday: Full Body Calisthenics and HIIT

Thursday: MMA and Parkour

Friday: Lower Body Calisthenics and HIIT

Saturday: Active Rest Day

Sunday: Rest Day

Sakura Workout Routine: Upper Body Calisthenics and HIIT

Warm Up:

Run 800m

Workout:

Tri-Set A:

A. Push Ups

3×20

B. Mountain Climbers

3×20

C. Half Burpees

3×10

Tri-Set B:

A. Chair Dips

3×20

B. Planking Shoulder Taps

3×20

C. Chin Ups or Pike Push Ups

3×10

HIIT for 20-60 Minutes:

Utilizing our [HIIT Workouts](#) here or even consider one of our [Jump Rope Workouts](#).

Sakura Workout Routine: Full Body Calisthenics and HIIT

Warm Up:

Run 800m

Workout:

Tri-Set A:

A. Close to Wide Push Ups

3×20

B. Lying Leg Raises

3×20

C. Alternating Pistol Squats

3×10 each leg

Tri-Set B:

A. Box Jumps

3×20

B. Sit Ups

3×20

C. Wall Climbs

3×10

HIIT for 20-60 Minutes:

Utilizing our [HIIT Workouts](#) here or even consider one of our [Jump Rope Workouts](#).

Sakura Workout Routine: Lower Body Calisthenics and HIIT

Warm Up:

Run 800m

Workout:

Tri-Set A:

A. Air Squats

3×20

B. Standing Calf Raises

3×20

C. Glute Bridges

3×10

Tri-Set B:

A. Donkey Kicks

3×20 each leg

B. Fire Hydrants

3×20 each leg

C. Double Unders

3×20

HIIT for 20-60 Minutes:

Utilizing our [HIIT Workouts](#) here or even consider one of our [Jump Rope Workouts](#).

Sakura Workout Routine: MMA and Parkour Resources

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](#)