

HISOKA WORKOUT ROUTINE



Bonus PDF File
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HISOKA WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to be building this one around our four main compound lifts to really focus on the strength building necessary to become Hisoka. I'll be adding our basic resources for adding endurance training, parkour and even mixed martial arts, that are all great for building a routine around Hisoka, but those can be added in on top of our core training days. This is primarily focused around strength and speed with a secondary focus on endurance and stamina (that's why we're running post workout), and finally the MMA/Parkour as a side focus.

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.

Hisoka Workout Routine: Sample Workout Schedule

Monday: Strength Focus A: Bench, Chest and Triceps

Tuesday: Strength Focus B: Deadlift, Back and Biceps

Wednesday: Long Distance Training (5+ Mile Run)

Thursday: Strength Focus C: Overhead Press, Shoulders and Traps

Friday: Strength Focus D: Back Squat, Legs and Calves

Saturday: Optional Addon Work or Rest Day

Sunday: Optional Addon Work or Rest Day

Hisoka Workout Routine: Strength Focus A

Warm Up:

5-10 Min Incline Slow Walk

Workout:

Bench Press

5×15, 12, 10, 8, 5

Tri-Set A:

A. Incline Dumbbell Bench

3×10

B. Incline Dumbbell Flys

3×10

C. Incline Hex Press Blowout

3xFailure

Tri-Set B:

A. Seated DB Overhead Extension

3x10

B. Tricep DB Kickbacks

3x10 each arm

C. Close Pushups Blowout

3xFailure

Tri-Set C:

A. Dips

3x15

B. Cable Pushdowns

3x10

C. Clap Push Ups Blowout

3xFailure

Endurance Training:

Complete 1-5 Miles Depending on your Goal/Focus and how important endurance work is to you.

Hisoka Workout Routine: Strength Focus B

Warm Up:

5-10 Min Incline Slow Walk

Workout:

Deadlifts

5×15, 12, 10, 8, 5

Tri-Set A:

A. Chin Ups

3×10

B. Alternating Dumbbell Curls

3×10 each arm

C. Alternating Hammer Curls

3×10

Tri-Set B:

A. Lateral Pulldown

3×10

B. Cable Straight Arm Pulldown

3×10

C. Dumbbell Rows

3×10 each arm

Tri-Set C:

A. Hammer Strength Single Arm Rows

3×8 each arm

B. Wide Grip Pull Ups

3×5

C. EZ Bar Curl Blowout

3×Failure

Endurance Training:

Complete 1-5 Miles Depending on your Goal/Focus and how important endurance work is to you.

Hisoka Workout Routine: Strength Focus C

Warm Up:

5-10 Min Incline Slow Walk

Workout:

Overhead Press

5×15, 12, 10, 8, 5

Tri-Set A:

A. Barbell Shrugs

3×10

B. Power Cleans

3×10

C. Light Dumbbell Shrugs Blowout

3×Failure

Tri-Set B:

A. Kettlebell Swings

3×10

B. Sumo Deadlift High Pull

3×10

C. DB Thrusters

3×Failure

Tri-Set C:

A. Clap Push Ups

3×20

B. Dumbbell Clean and Press

3×10

C. Lateral Raise Blowout

3×Failure

Endurance Training:

Complete 1-5 Miles Depending on your Goal/Focus and how important endurance work is to you.

Hisoka Workout Routine: Strength Focus D

Warm Up:

5-10 Min Incline Slow Walk

Workout:

Back Squat

5×15, 12, 10, 8, 5

Tri-Set A:

A. Leg Press

3×10

B. Calf Raise on Leg Press Machine

3×10

C. Standing Calf Raise Blowout Holding Plates

3×Failure

Tri-Set B:

A. Hamstring Curls

3×10

B. Quad Extensions

3×10

C. Machine Single Leg Kickbacks

3×10 each leg

Tri-Set C:

A. Cable Pullthroughs

3×15

B. Weighted Lunges

3×10

C. Box Jump Blowout

3×Failure

Endurance Training:

Complete 1-5 Miles Depending on your Goal/Focus and how important endurance work is to you.

Hisoka Workout Routine: Optional Addon Work [Resources]

Endurance Training 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](#)