

YUJI ITADORI 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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YUJI ITADORI WORKOUT ROUTINE

Training Volume:

3 days on, 1 day off

Explanation:

We're going to be training with an on and off shift where you train for 3 days and then take one day off. We'll mix in weight training, circuits, endurance, parkour and even mixed martial arts. You can continue to repeat the cycle or mix in other routines from our [Workout Database](#) to keep it going and build on it.

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.

Yuji Itadori Workout Routine: Sample Workout Schedule

Monday: Weight Training Work and Short Circuit

Tuesday: Long Distance Cardio

Wednesday: Long Circuit Training

Thursday: Off Day

Friday: Full Calisthenics Training Day

Saturday: Medium Cardio and 3 Rounds of Jump Rope Circuit

Sunday: Parkour and MMA Training

Yuji Itadori Workout Routine: Weight Training Work and Short Circuit

Warm Up:

800m Run

Workout:

Bench Press

4x12

Kettlebell Swings

4x12

Goblet Squats

4x12

Kettlebell Deadlift

4×12

Circuit: 3 Rounds for Time

Push Ups x 15

Sumo Deadlift High Pull with Kettlebell x 12

Dips x 15

Single Arm KB Snatch x 5 each arm

Box Jumps x 15

Yuji Itadori Workout Routine: Long Distance Cardio

Complete a Run Based on Your Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Use these workouts to help work on your endurance and running:

- [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 \(Workout Included\)](#)

Yuji Itadori Workout Routine: Long Circuit Training

Complete 2 Rounds of The Circuit Below:

Run 800M

25 Pull Ups

50 Deadlifts @145

50 Sit Ups

50 Clean and Press @65

50 Push Ups

50 Lying Leg Raises

25 Chin Ups

Yuji Itadori Workout Routine: Full Calisthenics Training Day

Complete All The Reps Required Below:

You can break them down into any scheme of sets, reps, supersets, or even a circuit as you would like.

Push Ups

250

Air Squats

200

Dips

150

Sit Ups

150

Pull Ups

100

You can sub workouts or scale using [The Ultimate Calisthenics Workout Routine and Guide](#) as needed.

Yuji Itadori Workout Routine: Medium Cardio and Jump Rope Circuit

Complete a Run Based on Your Fitness Level:

Beginner: 1-2 Miles

Intermediate: 2-3 Miles

Advanced: 3-5+ Miles

Also Complete 3 Rounds of A Jump Rope Circuit:

- [Jump Rope Workout Routines](#)

Yuji Itadori Workout Routine: Parkour and MMA Training

Complete One Day of Training Utilizing One of The Workouts Below:

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](#)