

TETSUO SHIMA WORKOUT ROUTINE



Bonus PDF File
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TETSUO SHIMA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're not training like one of the characters we've seen that are so powerful with strength, agility, and all sorts of incredible powers, but rather to focus on enhanced strength, endurance and an athletic physique. For that reason we'll be using 3 days a week consisting of full body and ab/calisthenics workouts with 2 optional days devoted to optional resources that range from bonus cardio, to HIIT, Parkour and MMA.

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.

Tetsuo Shima Workout Routine: Sample Workout Schedule

Monday: Tetsu Full Body Day One

Tuesday: Optional Bonus Resource Training

Wednesday: Tetsu Full Body Day One

Thursday: Optional Bonus Resource Training

Friday: Tetsu Full Body Day One

Saturday: Rest Day

Sunday: Rest Day

Tetsuo Shima Workout Routine: Tetsuo Full Body Day One

Warm Up:

Run

800-1600m

Push Ups

3×20

Dips

3×15

Pull Ups

3×10

Workout:

Incline Bench Press

4×12

Leg Press

4x12

Wide Grip Lateral Pulldowns

4x12

Cable Hammer Curls w/ Rope

4x12

Tricep Cable Kickbacks

4x12 each arm

Upright Rows

4x12

Abs:

Sit Ups

3x25

Lying Leg Raises

3x20

Tetsuo Shima Workout Routine: Tetsuo Full Body Day Two

Warm Up:

Run

800-1600m

Push Ups

3×20

Dips

3×15

Pull Ups

3×10

Workout:

Chest Flyes

4×12

Back Squats

4×12

Close Grip Cable Rows

4×12

Preacher Curls

4×12

Tricep Overhead Extension

4×12

Dumbbell Front Raises

4×12

Abs:

Bicycle Crunches

3×30

Hanging Knee Raises

3×20

Tetsuo Shima Workout Routine: Tetsuo Full Body Day Three

Warm Up:

Run

800-1600m

Push Ups

3×20

Dips

3×15

Pull Ups

3×10

Workout:

Bench Press

4×12

Weighted Lunges

4×12 each leg

Dumbbell Deadlifts

4×12

Alternating Dumbbell Curls

4×12 each arm

Tricep Cable Pushdowns

4×12

Dumbbell Overhead Presses

4×12

Abs:

V-Ups

3×25

Lying Leg Raises with Hip Thrust

3×20

Tetsuo Shima Workout Routine: Tetsuo Full Body Day Three

HIIT Training Resources

- [Jump Rope Workout Routines](#)
- [Best HIIT Workouts to Add to Your Training](#)

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](#)