

# MAKI ZENIN WORKOUT ROUTINE



Bonus PDF File  
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# MAKI ZENIN WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be utilizing 4 days of HIIT training utilizing Upper/Lower Body Splits and Calisthenics, and then on top of that you'll add in endurance, parkour and/or MMA training as well.

## 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.

## Maki Zenin Workout Routine: Sample Workout Schedule

**Monday:** Maki Upper Body HIIT

**Tuesday:** Maki Lower Body HIIT

**Wednesday:** Optional Endurance/MMA/Parkour Training

**Thursday:** Maki Upper Body HIIT

**Friday:** Maki Lower Body HIIT

**Saturday:** Optional Endurance/MMA/Parkour Training

**Sunday:** Mandatory Rest Day

## **Maki Zenin Workout Routine: Upper Body HIIT**

**Complete 5 Rounds With A Break, As Needed, Between Each Round**

50 Jump Rope, Jumping Jacks or Mountain Climbers

25 Push Ups

50 Jump Rope, Jumping Jacks or Mountain Climbers

20 Sit Ups

50 Jump Rope, Jumping Jacks or Mountain Climbers

15 Dips

50 Jump Rope, Jumping Jacks or Mountain Climbers

25 Lying Leg Raises

50 Jump Rope, Jumping Jacks or Mountain Climbers

10 Bodyweight Rows or Pull Ups

## **Maki Zenin Workout Routine: Lower Body HIIT**

## **Complete 5 Rounds With A Break, As Needed, Between Each Round**

50 Jump Rope, Jumping Jacks or Mountain Climbers

25 Air Squats

50 Jump Rope, Jumping Jacks or Mountain Climbers

20 V-Ups

50 Jump Rope, Jumping Jacks or Mountain Climbers

20 Glute Bridges

50 Jump Rope, Jumping Jacks or Mountain Climbers

30 Flutter Kicks

50 Jump Rope, Jumping Jacks or Mountain Climbers

20 Box Jumps

## **Maki Zenin Workout Routine: Alternative Training Resources**

### **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](#)

### **Parkour Training Resources**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### **HIIT Resources:**

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

### **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](#)