

# SHOYO HINATA WORKOUT ROUTINE



Bonus PDF File  
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# SHOYO HINATA WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be working with calisthenics and cardio to build up our speed, endurance and also tone up our muscles while shredding fat and building a Shoyo physique. I'm going to be including jump rope training which is great for speed and leg work so be sure to grab your rope or sub jumping jacks!

## 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.

## Shoyo Hinata Workout Routine: Sample Workout Schedule

**Monday:** Hinata Calisthenics Work and Short Run

**Tuesday:** Shoyo Long Distance Endurance Work

**Wednesday:** Hinata Calisthenics Work and Short Run

**Thursday:** Shoyo High Intensity Interval Speed Training

**Friday:** Hinata Calisthenics Work and Short Run

**Saturday:** Optional Additional Run or Jump Rope Workout (Resources Provided)

**Sunday:** Mandatory Rest Day

## **Shoyo Hinata Workout Routine: Hinata Calisthenics Work and Short Run A**

**Warm Up Jog:**

Jog 800-1600m

**Workout:**

Push Ups

4x25

Air Squats

4x20

Dips

4x15

Chin Ups (or Pike Push Ups)

4×10

**Circuit Finisher: 3 Rounds**

15 Box Jump

60 Second Wall Sits

15 Mountain Climbers

60 Second Plank

15 Glute Bridges

**Shoyo Hinata Workout Routine: Shoyo Long Distance Endurance Work**

**Complete a Long Run based around YOUR Fitness Level:**

**Beginner:** 1-3 Miles

**Intermediate:** 3-5 Miles

**Advanced:** 5+ Miles

*Use the resources I provide at the end of this workout to work on building up your run.*

**Shoyo Hinata Workout Routine: Hinata Calisthenics Work and Short Run B**

## **Warm Up Jog:**

Jog 800-1600m

## **Workout:**

Push Ups

4x25

Air Squats

4x20

Dips

4x15

Chin Ups (or Pike Push Ups)

4x10

## **Circuit Finisher: 2 Rounds**

50 Jumping Jacks

40 Lying Leg Raises

30 Jumping Lunges

20 Plank to Push Ups

10 Jump Squats

## **Shoyo Hinata Workout Routine: Shoyo High Intensity Interval Training**

**For this one we're going to be doing a jump rope circuit.**

*You can swap this with other jump rope workouts found in our database that I provide in the below resources.*

### **Complete 5 Rounds:**

20 Double Unders

10 Push Ups

20 Double Unders

15 Air Squats

20 Double Unders

15 Dips

20 Double Unders

10 Pike Push Ups

20 Double Unders

*1 Minute Rest*

# Shoyo Hinata Workout Routine: Hinata Calisthenics Work and Short Run C

## Warm Up Jog:

Jog 800-1600m

## Workout:

Push Ups

4x25

Air Squats

4x20

Dips

4x15

Chin Ups (or Pike Push Ups)

4x10

## Circuit Finisher: 5 Rounds

10 Close to Wide Push Ups

5 Burpees



10 Sit Ups

5 Burpees

10 Skater Lunges

## **Shoyo Hinata Workout Routine: Bonus Resources**

### **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](#)
- [How To Continue Training After a 5K \(Workout Included\)](#)