

YORUICHI SHIHOIN 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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YORUICHI SHIHOIN WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

We're going to be training 3 days a week with weights and calisthenics and then it's your job to step it up a notch and add in training for the extra endurance, mixed martial arts, parkour or even high intensity training to really step into Yoruichi's shoes. I'll be adding extra resources for all of these and it's your choice of what style you'd like to add in.

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.

Yoruichi Workout Routine: Sample Workout Schedule

Monday: Yoruichi Push Day Training

Tuesday: Master Assassin Training (Bonus Resources)

Wednesday: Yoruichi Pull Day Training

Thursday: Master Assassin Training (Bonus Resources)

Friday: Yoruichi Leg Day Training

Saturday: Optional Master Assassin Training (Bonus Resources)

Sunday: Rest

Yoruichi Workout Routine: Push Day Training

Warm Up:

Complete 1 Mile

You can walk/jog/run in intervals and work your way up to a better mile run over time.

Workout:

Push Ups

3×25

Kettlebell Swings

3×10

Arnold Press

3×10

Light Dumbbell Bench Press

3×10

Tricep Cable Kickbacks

3×10 each arm

Dips

3×15

Planks

3×60 Seconds

Yoruichi Workout Routine: Pull Day Training

Warm Up:

Complete 1 Mile

You can walk/jog/run in intervals and work your way up to a better mile run over time.

Workout:

Kettlebell Deadlifts

3×15

Cable Rows

3×10

Chin Ups

3×10

Close to Wide Push Ups

3×20

Cable Pulldowns

3×10

Sit Ups

3×20

Lying Leg Raises with Hip Thrust

3×20

Yoruichi Workout Routine: Leg Day Training

Warm Up:

Complete 1 Mile

You can walk/jog/run in intervals and work your way up to a better mile run over time.

Workout:

Goblet Squats with KB or DB

3×15

Leg Press

3×10

Glutes Bridges

3×10

Box Jumps

3×20

Weighted Lunges

3×10 each leg

Sit Ups with Twist

3×20

Hanging Knee Raises with Twist

3×20

Yoruichi Workout Routine: Alternative Master Assassin Resources and Endurance Training

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](#)