

GIYU TOMIOKA 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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GIYU TOMIOKA WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to be utilizing a PPL split (push, pull, legs) or weight training for our strength, and then two days of endurance work (one devoted to a long distance run and another based around high intensity interval training), with extra training coming from bonus resources I provide at the end.

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.

Giyu Yomioka Workout Routine: Sample Workout Schedule

Monday: Demon Slayer Push Day

Tuesday: Corps Long Distance Run

Wednesday: Demon Slayer Pull Day

Thursday: Demon HIIT Day

Friday: Demon Slayer Leg Day

Saturday: Optional Bonus Training Day

Sunday: Mandatory Rest Day

Giyu Yomioka Workout Routine: Demon Slayer Push Day

Warm Up:

10 Minute Jog

Workout:

Incline Dumbbell Bench Press

4×12

Arnold Press

4×12

Seated Dumbbell Overhead Tricep Extension

3×10

Kettlebell Swings

3×10

Cable Tricep Pushdowns

3×10

Dips

3×10

Giyu Yomioka Workout Routine: Corps Long Distance Run

This long distance endurance work is something you're going to build up and work on over time.

To start out it might only be 1-2 miles walking and running on and off, but as you build up your endurance you'll slowly work up to 5+ miles of running each time.

I will provide more resources to help below.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 Your First 5K \(Workout Included\)](#)

Giyu Yomioka Workout Routine: Demon Slayer Pull Day

Warm Up:

10 Minute Jog

Workout:

Bent Over Barbell Rows

4×12

Standing EZ Bar Curls

4×12

Lateral Pulldowns

3×10

Alternating DB Hammer Curls

3×10

Chin Ups

3×10

Alternating Single Arm KB Deadlifts

3×10

Giyu Yomioka Workout Routine: Demon HIIT Day

I'm going to be writing you a HIIT day, but I'll also provide some bonus resources to utilize if you'd like to swap styles of training.

Giyu HIIT Workout:

Complete 5 Rounds for Time (Break 1-5 Minutes Between Rounds As Needed)

100 Jump Rope

20 Alternating Dumbbell Snatches

10 Box Jumps

20 Dumbbell Thrusts

10 Burpees

20 Curl to Press

10 Double Unders

20 DB Lunges

HIIT Resources:

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

- [Jump Rope Workout Database](#)

Giyu Yomioka Workout Routine: Demon Slayer Leg Day

Warm Up:

10 Minute Jog

Workout:

Goblet Squats

4×12

Leg Press

4×12

Hamstring Kickbacks

3×10 each leg

Skater Lunges

3×10 each leg

Cable Pullthroughs

3×10

Box Jumps

3×10

Giyu Yomioka Workout Routine: Bonus 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](#)