

NAOMI OSAKA WORKOUT ROUTINE



Bonus PDF File
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NAOMI OSAKA WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

Normally you would want to include some extra recovery days when training with the amount of volume Osaka does daily, but some days will be active recovery days for this one, allowing your muscles to recover while still being active with some alternative methods to weight training and higher intensity stuff.

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.

Naomi Osaka Workout: Sample Workout Routine Schedule

Monday: Tennis, Weights and HIIT

Tuesday: Long Distance Endurance Work

Wednesday: Tennis, Weights and HIIT

Thursday: Osaka Active Rest Day

Friday: Tennis, Weights and HIIT

Saturday: Tennis, Weights and HIIT

Sunday: Rest Day

Naomi Osaka Workout: Tennis, Weights and HIIT

For Osaka's training style we're going to be piecing together a few different things that I'll be sharing outside resources (and some right here) to be able to do.

First things first, you have a few hours of tennis training. This isn't something I'm going to be programming for you, so if it's something you're NOT going to be doing, then you'll want to match it with endurance training, which I'll provide resources for below.

Tennis Training: 60-120 Minutes

Complete 60-120 minutes on the court with a trainer or playing/practicing. This should vary depending on the other style of training that will proceed this.

If you are not going to be playing tennis then you should be filling this 60-120 minutes with varied cardio.

Some options include (but are not limited to):

- Running (More resources on running/endurance work provided below)
- Bike
- Row
- Swim

- Elliptical

Weight Training: Upper and Lower Body Split

Normally Osaka also hits the gym.

With COVID right now she is mixing it up and using some other training methods, which I'll also be sharing below that she was awesome enough to provide to PopSugar.

Being an anime fan as well, I thought it was PERFECT to have her Upper and Lower Body Split come directly from a recent My Hero Academia character, the highest ranked Pro Hero!

Osaka not only referenced Sakura in a recent post with pink hair and makeup, but she also posted to her story playing My Hero Academia's video game: My Hero: One's Justice 2!

So for your weight training you'll be pulling the upper and lower body four day split directly from our [Mirko Inspired Workout Routine](#).

You can alternatively utilize the PopSugar resource below.

High Intensity Interval Training: Bonus Training

I provided some HIIT within Mirko's workout routine, but it helps to switch it up when you're looking to train to be a superstar like Osaka.

For that reason I'll also be providing a few other HIIT resources below with your other alternative training methods which you can sub in place of Mirko's "blowouts" within your Upper and Lower Body Splits!

These will help with both speed and endurance training.

Naomi Osaka Workout: “Home” Strength Training

Warm Up:

Kneeling Quad Stretch

3×30 seconds each side

Workout:

Hex Bar Deadlift

3×10 reps

Hamstring Curls with Med Ball

3×20 reps

Pallof Press

2×10 reps

Weighted Step Ups

2×10 reps each leg

Single Leg RDL (Romanian Deadlift)

2×10 reps each leg

Single Arm Cable Machine Rows

2×10 reps each arm

Naomi Osaka Workout: Alternative Training Resources

These are resources you can utilize to help your daily training for Tennis, Weights and HIIT; but they're also great to help you add in other forms of active training.

Naomi mentions that she likes to switch up her training style, so it would be smart to do the same at times for your active rest days or even when you're feeling like you need some extra active rest.

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

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](#)