

BENIMARU 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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BENIMARU WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

To train like Benimaru we're going to be doing two days of high intensity calisthenics workouts, one day of full body calisthenics, and two days of optional endurance work.

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.

Benimaru Workout Routine: Sample Workout Schedule

Monday: Fire Force Calisthenics HIIT A

Tuesday: Company 7 Endurance Optional Work

Wednesday: Pyrokinetic Calisthenics

Thursday: Company 7 Endurance Optional Work

Friday: Fire Force Calisthenics HIIT B

Saturday: Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

Sunday: Mandatory Rest Day

Benimaru Workout Routine: Fire Force Calisthenics HIIT A

Warm Up:

Jog 800m

Workout: Complete 3 Rounds

30 Jumping Jacks

20 Push Ups

30 High Knees

20 Squats

30 Toe Taps (onto stair or box)

20 Dips

30 Jumping Jacks

20 Pike Push Ups

30 High Knees

20 Sit Ups

Benimaru Workout Routine: Company 7 Endurance Work

Your endurance training is running based on your fitness level, but you can also swap it out for parkour training or other variations of high intensity interval training. I provide resources for both at the end of this routine.

Endurance Training:

Complete this wearing a 20-50 lb. weighted vest or backpack to recreate the Fire Force equipment/gear.

Beginner: Run 1-3 Miles

Intermediate: Run 3-5 Miles

Advanced: Run 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 Train After Your First 5K \(Workout Included\)](#)

Benimaru Workout Routine: Pyrokinetic Calisthenics

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kicks

Workout:

Push Ups

4x25

Air Squats

4x20

V-Ups

4x20

Flutter Kicks

4x50

Dips

4x15

Chin Ups

4×10

Benimaru Workout Routine: Company 7 Endurance Work

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Benimaru Workout Routine: Fire Force Calisthenics HIIT B

Warm Up:

Jog 800m

Workout: Complete 3 Rounds

30 Jumping Jacks

20 Explosive Push Ups

30 High Knees

10 Tricep Extensions

30 Toe Taps (onto stair or box)

20 Lunges

30 Jumping Jacks

10 Pull Ups

30 High Knees

20 Lying Leg Raises

Benimaru Workout Routine: Alternative Training Options and Resources

Alternative Training HIIT Resources:

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

- [Jump Rope Workout Database](#)

Parkour Training Resources:

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

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](#)