

HITOSHI SHINSO 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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HITOSHI SHINSO WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

If you're training to be a hero you're going to want to be training 5+ days per week; but it's okay to start small. We're going to utilize 3 days of calisthenics and then 2+ days of endurance work to prepare to become Hitoshi Shinso.

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.

Hitoshi Shinso Workout Routine: Sample Workout Schedule

Monday: Hero Course Calisthenics A

Tuesday: Shinso Endurance Work

Wednesday: Hero Course Calisthenics B

Thursday: Shinso Endurance Work

Friday: Hero Course Calisthenics C

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

Sunday: Mandatory Rest Day

Hitoshi Shinso Workout Routine: Hero Course Calisthenics A

Warm Up:

Walk/Jog

10 Minutes

Workout: 3-5 Rounds

Complete each exercise one after another as one big round and then go back through for a total of 3-5 total rounds.

****You can rest between each movement as needed.****

Crunches x 30

Push Ups x 25

Lying Leg Raises x 20

Wide to Narrow Squats x 20

Dips x 15

Pull Ups x 10

Hitoshi Shinso Workout Routine: Shinso 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:

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 \(Workout Included\)](#)

Hitoshi Shinso Workout Routine: Hero Course Calisthenics B

Warm Up:

Walk/Jog

10 Minutes

Workout: 3-5 Rounds

Complete each exercise one after another as one big round and then go back through for a total of 3-5 total rounds.

****You can rest between each movement as needed.****

Flutter Kicks x 50

Explosive Knee Push Ups x 30

Box Jumps x 25

V-Ups x 20

Pike Push Ups x 15

Tricep Extensions (Calisthenics) x 10

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Hitoshi Shinso Workout Routine: Hero Course Calisthenics C

Warm Up:

Walk/Jog

10 Minutes

Workout: 3-5 Rounds

Complete each exercise one after another as one big round and then go back through for a total of 3-5 total rounds.

****You can rest between each movement as needed.****

Jumping Lunges x 30 total

Bicycle Crunches x 30

Chair Dips x 25

Wide to Close Push Ups x 20

Lying Leg Raises w/ Hip Thrust x 15

Chin Ups x 10

Hitoshi Shinso 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](#)