

NARUTO UZUMAKI 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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NARUTO UZUMAKI WORKOUT ROUTINE

Training Volume:

6+ days per week

Explanation:

The core of this routine is going to be build around a 4 day weightlifting split and then you're going to add in 2 days of HIIT; with parkour and mixed martial arts to be added in as you can within your own spare time.

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.

Naruto Uzumaki Workout Routine: Sample Workout Schedule

Monday: Nine-Tailed Fox Chest, Triceps and Endurance

Tuesday: Nine-Tailed Fox Legs, Calves and Core

Wednesday: Academy Level HIIT

Thursday: Nine-Tailed Fox Shoulders, Traps and Core

Friday: Nine Tailed Fox Back, Biceps and Endurance

Saturday: Academy Level HIIT or Parkour/MMA

Sunday: Mandatory Rest Day

Naruto Uzumaki Workout Routine: Nine-Tailed Fox Chest, Triceps and Endurance

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kicks

Workout:

Bench Press

4×12, 10, 8, 5

Giant Set One:

A. Incline Bench Press

3×10

B. Incline Hex Press

3×10

C. Incline DB Chest Flyes

3×10

D. Standing DB Chest Flyes

3×10

Giant Set Two:

A. Tricep Cable Overhead Extension

3×10

B. Tricep Cable Pushdowns

3×10

C. Tricep Cable Kickbacks

3×10

D. Diamond Push Ups

3×10

Endurance Training:

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

Naruto Uzumaki Workout Routine: Nine-Tailed Fox Legs, Calves and Core

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kicks

Workout:

Back Squats

4×12, 10, 8, 5

Tri-Set One:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

C. Weighted Lunges

3×10

Tri-Set Two:

A. Bulgarian Split Squats

3×10 each leg

B. Glute Bridges

3×10

C. Cable Pullthroughs

3×10

Core Tri-Set:

A. Sit Ups

3×20

B. Lying Leg Raises

3×20

C. Russian Twists

3×20

Naruto Uzumaki Workout Routine: Academy Level HIIT

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kicks

Complete 4 Rounds:

400m Jog

30 Kettlebell Swings

25 Mountain Climbers

20 Kettlebell Deadlifts

15 Pull Ups

10 Burpee Sumo Deadlift High Pulls

Alternative Training HIIT Resources:

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

**Naruto Uzumaki Workout Routine: Nine-Tailed Fox
Shoulders, Traps and Core**

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kicks

Workout:

Overhead Press

4×12, 10, 8, 5

Tri-Set One:

A. Curl to Press

3×10

B. Lateral Raises

3×10

C. Front Raises

3×10

Tri-Set Two:

A. Barbell Shrugs

3×10

B. Hang Cleans

3×10

C. Dumbbell Shrug Blowout

3×25

Core Tri-Set:

A. Cable Crunches

3×20

B. Hanging Leg Raises

3×20

C. Side Plank

3×30 seconds

Naruto Uzumaki Workout Routine: Nine-Tailed Fox Back, Biceps and Endurance

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kicks

Workout:

Deadlift

4×12, 10, 8, 5

Giant Set One:

A. Heavy Alternating Hammer Curls

3×10 each arm

B. Alternating Dumbbell Curls

3×10

C. EZ "21s"

3×10

D. Push Up Blowout

3×Failure

Giant Set Two:

A. Wide Grip Pulldowns

3×10

B. Wide Grip Cable Rows

3×10

C. Straight Arm Pulldowns

3×10

D. Wall Climbs

3×10

Endurance Training:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Training Resources:

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- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

Naruto Uzumaki Workout Routine: Alternative Training Resources

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