

# NEJIRE HADO WORKOUT ROUTINE



Bonus PDF File  
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# NEJIRE HADO WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

Nejire Hado is a member of The Big 3, and the most powerful student at U.A. High School. She trains endlessly to build stamina and control for her Quirk. We're going to be training using 3 days of endurance training, core and some light calisthenics, one day of hero training, and one day of high intensity interval training.

## 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.

## Nejire Hado Workout Routine: Sample Workout Schedule

**Monday:** Big 3 Endurance, Core and Calisthenics A

**Tuesday:** Hero Training Big Circuit

**Wednesday:** Big 3 Endurance, Core and Calisthenics B

**Thursday:** Hado High Intensity Interval Training

**Friday:** Big 3 Endurance, Core and Calisthenics C

**Saturday:** Optional MMA/Parkour/Extra Endurance or Active Rest Day

**Sunday:** Mandatory Rest Day

## **Nejire Hado Workout Routine: Big 3 Endurance, Core and Calisthenics A**

### **WARM UP:**

25 High Knees

25 Jumping Jacks

25 Butt Kickers

### **ENDURANCE TRAINING:**

For this section your job is endurance training. In it's most basic form you can keep it simple with running based on your overall fitness level, BUT, if you'd like to step it up a notch you can also switch it to things like bike, row, swim, and other endurance training; but you will need to swap the distance/duration accordingly.

### **Running Based On Fitness Level:**

**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 \(Workout Included\)](#)

**CALISTHENICS AND CORE TRAINING:**

Push Ups

3×20

Air Squats

3×25

Pike Push Ups

3×10

Sit Ups

3×25

Flutter Kicks

3×50

## **Nejire Hado Workout Routine: Hero Training Big Circuit**

### **WARM UP:**

25 High Knees

25 Jumping Jacks

25 Butt Kickers

### **Complete One Round:**

Run 1 Mile

200 Air Squats

150 Push Ups

100 Dips

75 Sit Ups

50 Pull Ups

## **Nejire Hado Workout Routine: Big 3 Endurance, Core and Calisthenics B**

### **WARM UP:**

25 High Knees

25 Jumping Jacks

25 Butt Kickers

#### **ENDURANCE TRAINING:**

For this section your job is endurance training. In it's most basic form you can keep it simple with running based on your overall fitness level, BUT, if you'd like to step it up a notch you can also switch it to things like bike, row, swim, and other endurance training; but you will need to swap the distance/duration accordingly.

#### **Running Based On Fitness Level:**

**Beginner:** 1-3 Miles

**Intermediate:** 3-5 Miles

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#### **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 \(Workout Included\)](#)

#### **CALISTHENICS AND CORE TRAINING:**

Knee Wide to Close Push Ups

3×20

Jumping Lunges

3×30

Wall Climbs

3×10

V-Ups

3×25

Lying Leg Raises

3×30

## **Nejire Hado Workout Routine: Hado High Intensity Interval Training**

**Warm Up:**

Walk 5-10 Minutes

**HIIT Workout: Complete 30 Minutes**

- 1 Minute ON: Sprint 7-10 MPH
- 1 Minute OFF: Walk 2.5-3.5 MPH
- Rinse and Repeat



## Alternative Training HIIT Resources:

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

## Nejire Hado Workout Routine: Big 3 Endurance, Core and Calisthenics C

### WARM UP:

25 High Knees

25 Jumping Jacks

25 Butt Kickers

### ENDURANCE TRAINING:

For this section your job is endurance training. In it's most basic form you can keep it simple with running based on your overall fitness level, BUT, if you'd like to step it up a notch you can also switch it to things like bike, row, swim, and other endurance training; but you will need to swap the distance/duration accordingly.

### Running Based On Fitness Level:

**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 \(Workout Included\)](#)

## CALISTHENICS AND CORE TRAINING:

Decline Push Ups

3×20

3-Point Squats

3×30

Inch Worm to Push Up

3×10

Bicycle Crunches

3×50

Lying Leg Raise with Hip Thrust

3×20

## Nejire Hado 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](#)