

NIKAIDO 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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NIKAIDO WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to be training with 3 days of calisthenics a week and then 2 days devoted to mixed martial arts. The 3 days of calisthenics will have basic movements and then also mix in high intensity training as well.

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.

Nikaido Workout Routine: Sample Workout Schedule

Monday: Magic Calisthenics Training A

Tuesday: Mixed Martial Arts Training

Wednesday: Magic Calisthenics Training B

Thursday: Mixed Martial Arts Training

Friday: Magic Calisthenics Training C

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

Sunday: Mandatory Rest Day

Nikaido Workout Routine: Magic Calisthenics Training A

Warm Up:

High Knees

2×25

Butt Kickers

2×25

Giant-Set:

(Rest Between Each ROUND, Only Between Each Set If Needed)

A. Boxer Skip

4×50

B. Push Ups

4×20

C. Air Squats

4×15

D. Dips

4×10

E. Chin Ups (or Pike Push Ups)

4×5

Core Tri-Set:

A. Sit Ups

3×20

B. Lying Leg Raises

3×20

C. L-Sit Hold

3×30 Seconds

Finisher: 3 Rounds

20 Double Unders

10 Half Burpees

5 Plank to Push Ups

Nikaido Workout Routine: Magic Calisthenics Training B

Warm Up:

High Knees

2×25

Butt Kickers

2×25

Giant-Set:

(Rest Between Each ROUND, Only Between Each Set If Needed)

A. Boxer Skip

4×50

B. Close to Wide Push Ups

4×20

C. Glute Bridges

4×15

D. Chair Dips

4×10

E. Pull Ups (or Pike Push Ups)

4×5

Core Tri-Set:

A. V-Ups

3×20

B. Flutter Kicks

3×50

C. Superman Hold

3×30 Seconds

Finisher: 3 Rounds

20 Double Unders

5 Burpees

Nikaido Workout Routine: Magic Calisthenics Training C

Warm Up:

High Knees

2×25

Butt Kickers

2×25

Giant-Set:

(Rest Between Each ROUND, Only Between Each Set If Needed)

A. Boxer Skip

4×50

B. Decline Parallette Push Ups

4×20

C. Narrow to Wide Squats

4×15

D. Skull Crushers (Calisthenics Version)

4×10

E. Wide Pull Ups (or Pike Push Ups)

4×5

Core Tri-Set:

A. Bicycle Crunches

3×30

B. Lying Leg Raises w/ Hip Thrust

3×20

C. Hollow Hold

3×30 Seconds

Finisher: 3 Rounds

20 Double Unders

15 Planking Shoulder Taps

10 Mountain Climbers

Nikaido Workout Routine: MMA and Optional Training Resources

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](#)

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 \(Workout Included\)](#)

HIIT Resources:

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