

# OBITO UCHIHA WORKOUT ROUTINE



Bonus PDF File  
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# OBITO UCHIHA WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

For Obito's routine we're going to be following a similar structure to what we saw for Naruto and Pain, but also mixing in some circuits from Madara Uchiha's workout as well to really make it fitting. You'll have 3 days of weight training per week, 2 days of Madara inspired circuits and some options additional training to fit in yourself.

## 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.

## Obito Uchiha Workout Routine: Sample Workout Schedule

**Monday:** Uchiha Pull, Core and Cardio Day

**Tuesday:** Madara Shinobi Circuit A

**Wednesday:** Uchiha Push and Sprints Day

**Thursday:** Madara Shinobi Circuit B

**Friday:** Uchiha Leg, Core and Cardio Day

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

**Sunday:** Mandatory Rest Day

## **Obito Uchiha Workout Routine: Uchiha Pull, Core and Cardio Day**

**Warm Up:**

Jump Rope

3×100

**Circuit One: Complete 3 Rounds**

Kettlebell Alternating One Arm Deadlifts x 20 total

Bent Over Dumbbell Rows x 20

Wide Grip Pull Ups x Failure

**Circuit Two: Complete 3 Rounds**

Alternating Bicep Curls x 20 total

Hammer Curls with Rope on Cable x 15

Chin Ups x Failure

**Circuit Three: Complete 3 Rounds**

Sit Ups with Twist x 20

Hanging Knee Raises with Twist x 20

Russian Twists x 20

**Cardio: 20-30 Minutes**

Run/Walk on and Off

**Obito Uchiha Workout Routine: Madara Shinobi Circuit A**

**Warm Up:**

2x25 High Knees

2x25 Butt Kickers

**Circuit: Complete 2 Rounds**

800m Run

50 Alternating Single Arm KB Deadlift

50 Push Ups

50 Single Arm KB Swings

50 Flutter Kicks while holding KB

50 KB Lying Pullovers

50 Sit Ups

800m Run

*Rest 2-3 minutes*

## **Obito Uchiha Workout Routine: Uchiha Push and Sprints Day**

### **Warm Up:**

Jump Rope

3×100

### **Circuit One: Complete 3 Rounds**

Bench Press x 10

Bench Dips x 10

Standing Chest Flys x 10

### **Circuit Two: Complete 3 Rounds**

Seated Tricep Overhead Extension x 10

Diamond Push Ups x 10

Dumbbell Kickbacks x 10 each arm

### **Circuit Three: Complete 3 Rounds**

Clean and Press x 10

Front Raises x 10

Kettlebell Swings x 10

### **High Intensity Interval Sprints: 10-20 Minutes**

Format: Sprint 30 Seconds -> Rest and Walk 90 Seconds -> Repeat

## **Obito Uchiha Workout Routine: Madara Shinobi Circuit B**

### **Warm Up:**

2x25 High Knees

2x25 Butt Kickers

### **Circuit: Complete 5 Rounds**

50 Boxer Skips

10 DB Curl to Press

50 Boxer Skips

10 KB Sumo Deadlift High Pull

50 Boxer Skips

10 Single Arm Dumbbell Snatches each arm

50 Boxer Skips

10 KB Goblet Squats

## **Obito Uchiha Workout Routine: Uchiha Legs, Core and Cardio Day**

### **Warm Up:**

Jump Rope

3×100

### **Circuit One: Complete 3 Rounds**

Leg Press x 10

Leg Press Calf Raises x 10

Jumping Lunges x 20 total

### **Circuit Two: Complete 3 Rounds**

Hamstring Curls x 10



Quad Extensions x 10

Close to Wide Goblet Squats x 10

**Circuit Three: Complete 3 Rounds**

Cable Crunches x 20

Lying Leg Raises x 20

Hollow Hold x 30 seconds

**Cardio: 20-30 Minutes**

Run/Walk on and Off