

TAMAKI AMAJIKI 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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TAMAKI AMAJIKI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

To train like Tamaki Amajiki we're going to be utilizing a basic regime of calisthenics 3 days a week that are built around finishing with cardio and parkour, and then 2 days a week devoted to high intensity interval training with cardio and calisthenics.

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.

Tamaki Amajiki Workout Routine: Sample Workout Schedule

Monday: Big 3 Calisthenics, Cardio and Hero Parkour A

Tuesday: Class 3-A High Intensity Interval Training A

Wednesday: Big 3 Calisthenics, Cardio and Hero Parkour B

Thursday: Class 3-A High Intensity Interval Training B

Friday: Big 3 Calisthenics, Cardio and Hero Parkour C

Saturday: Active Off Day (Or Optional Additional Training)

Sunday: Mandatory Rest Day

Tamaki Amajiki Workout Routine: Big 3 Calisthenics, Cardio and Hero Parkour A

Warm Up:

Jumping Jacks

2×25

High Knees

2×25

Calisthenics:

Push Ups

4×25

3 Point Squats

4×25

Dips

4x15

Chin Ups

4x10

Cardio:

1 Mile Jog

Parkour Training:

Utilize the parkour training below.

My preferred training is The Nightrunner, but you can decide which is the best suited for your training style.

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Tamaki Amajiki Workout Routine: Class 3-A High Intensity Interval Training A

Warm Up:

2x25 Jumping Jacks

2×25 Butt Kickers

Workout: Complete 3-5 Rounds

Run 400m

25 Sit Ups

10 Inch Worms

25 Lying Leg Raises

10 Box Jumps

25 Russian Twists (with weighted object)

10 Half Burpees

Tamaki Amajiki Workout Routine: Big 3 Calisthenics, Cardio and Hero Parkour B

Warm Up:

Jumping Jacks

2×25

High Knees

2×25

Calisthenics:

Close to Wide Push Ups

4×20

Pistol Squats

4×20 (total)

Tricep Extensions (Calisthenics)

4×15

Wide Pull Ups

4×10

Cardio:

1 Mile Jog

Parkour Training:

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- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)

- [The Robbie Amell Parkour Workout Routine](#)

Tamaki Amajiki Workout Routine: Class 3-A High Intensity Interval Training B

Warm Up:

2×25 Jumping Jacks

2×25 Butt Kickers

Workout: Complete 3-5 Rounds

100 Toe Taps onto Stair/KB/DB

20 Explosive Push Ups

50 Jumping Jacks

10 Wall Climbs

50 Jumping Jacks

20 Pike Push Ups

50 Jumping Jacks

10 Burpees

50 Jumping Jacks

20 V-Ups

Tamaki Amajiki Workout Routine: Big 3 Calisthenics, Cardio and Hero Parkour C

Warm Up:

Jumping Jacks

2×25

High Knees

2×25

Calisthenics:

Decline Push Ups

4×20

Step Ups

4×30

Diamond Push Ups

4×15

Regular Grip Pull Ups

4×10

Cardio:

1 Mile Jog

Parkour Training:

Utilize the parkour training below.

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- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Tamaki Amajiki Workout Routine: Optional Additional 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](#)

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](#)