

TOKOYAMI WORKOUT ROUTINE



Bonus PDF File
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TOKOYAMI WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

To become one of the strongest MHA students we're going to be training with a PPL Split + Full Body Day, and then incorporating high intensity interval training at the end of those training days with endurance work 1-2 times a week 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.

Tokoyami Workout Routine: Sample Workout Schedule

Monday: Dark Shadow Push Day

Tuesday: Dark Shadow Leg Day

Wednesday: Hero Course Endurance Work

Thursday: Dark Shadow Full Body Day

Friday: Dark Shadow Pull Day

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

Sunday: Mandatory Rest Day

Tokoyami Workout Routine: Dark Shadow Push Day

Warm Up:

Walk/Jog 5-10 Minutes

Workout:

Bench Press

4×15, 12, 10, 8

Barbell Shrugs

4×15

Tricep Extensions

4×12

HIIT Circuit: Complete 3 Rounds

Jump Rope (or Toe Tap or High Knees) x 50

Dips x 20

Jump Rope (or Toe Tap or High Knees) x 50

Kettlebell Swings x 25

Jump Rope (or Toe Tap or High Knees) x 50

Incline Chest Flyes x 15

Jump Rope (or Toe Tap or High Knees) x 50

Clap Push Ups x 10

Tokoyami Workout Routine: Dark Shadow Leg Day

Warm Up:

Walk/Jog 5-10 Minutes

Workout:

Back Squats

4x15, 12, 10, 8

Hamstring Curls

4x15

Quad Extensions

4x12

HIIT Circuit: Complete 3 Rounds

Jump Rope (or Toe Tap or High Knees) x 50

Weighted Step Ups x 20

Jump Rope (or Toe Tap or High Knees) x 50

Bulgarian Split Squats x 20

Jump Rope (or Toe Tap or High Knees) x 50

Weighted Lunges x 20

Jump Rope (or Toe Tap or High Knees) x 50

Wide to Narrow Goblet Squats x 20

Tokoyami Workout Routine: Hero Course Endurance

Your endurance training is running based on your fitness level, but you can also swap it out for parkour training or other variations of high intensity interval training. I provide resources for both at the end of this routine.

Endurance Training:

Beginner: Run 1-3 Miles

Intermediate: Run 3-5 Miles

Advanced: Run 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 \(Workout Included\)](#)

Tokoyami Workout Routine: Dark Shadow Full Body Day

Warm Up:

Walk/Jog 5-10 Minutes

Workout:

Overhead Press

3×10

Incline Bench Press

3×10

Cable Rows

3×10

Leg Press

3×10

HIIT Circuit: Complete 3 Rounds

Jump Rope (or Toe Tap or High Knees) x 50

Chin Ups x 10

Jump Rope (or Toe Tap or High Knees) x 50

Single Arm Dumbbell Snatch x 10 each arm

Jump Rope (or Toe Tap or High Knees) x 50

Close to Wide Push Ups x 20

Jump Rope (or Toe Tap or High Knees) x 50

Sit Ups x 25

Tokoyami Workout Routine: Dark Shadow Leg Day

Warm Up:

Walk/Jog 5-10 Minutes

Workout:

Deadlifts

4×15, 12, 10, 8

Preacher Curls

4x15

Wide Lateral Pulldowns

4x12

HIIT Circuit: Complete 3 Rounds

Jump Rope (or Toe Tap or High Knees) x 50

Curl to Press x 10

Jump Rope (or Toe Tap or High Knees) x 50

Bent Over Dumbbell Rows x 15

Jump Rope (or Toe Tap or High Knees) x 50

Pull Ups x 10

Jump Rope (or Toe Tap or High Knees) x 50

Straight Arm Pulldowns x 15

Tokoyami Workout Routine: Alternative Training Options and Resources

Alternative Training HIIT Resources:

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

- [Jump Rope Workout Database](#)

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](#)