

GAARA

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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GAARA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be using calisthenics training to train like a ninja and then tack on HIIT for speed and endurance as well. The HIIT is technically optional – but if you want to train like Gaara you should definitely lean towards the additional work!

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.

Gaara Workout Routine: Sample Workout Schedule

Monday: Ultimate Weapon Calisthenics A

Tuesday: High Intensity Interval Ninja Training A

Wednesday: Ultimate Weapon Calisthenics B

Thursday: High Intensity Interval Ninja Training B

Friday: Ultimate Weapon Calisthenics C

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

Sunday: Mandatory Rest Day

Gaara Workout Routine: Ultimate Weapon Calisthenics A

Warm Up:

50 High Knees

50 Butt Kicks

Superset One:

A. Push Ups

3×20

B. Jumping Jacks

3×20

Superset Two:

A. Air Squats

3×15

B. Lying Leg Raises

3×20

Superset Three:

A. Dips

3×10

B. Mountain Climbers

3×15

Superset Four:

A. Chin Ups

3×5-10

B. Planking Shoulder Taps

3×20

**Gaara Workout Routine: High Intensity Interval Ninja
Training A**

Warm Up:

Jog 400m

Workout: Complete 3 Rounds

5 Burpees

10 Plank to Push Ups

15 Dips

20 Push Ups

15 Jump Squats

10 Inch Worms

5 Wall Climbs

**Gaara Workout Routine: Ultimate Weapon
Calisthenics B**

Warm Up:

50 High Knees

50 Butt Kicks

Superset One:

A. Decline Push Ups

3×20

B. Jumping Jacks

3×20

Superset Two:

A. Box Jumps

3×15

B. Lying Leg Raises

3×20

Superset Three:

A. Tricep Extensions

3×10

B. Plank to Push Ups

3×15

Superset Four:

A. Pull Ups

3×5-10

B. Sit Ups

3×20

Gaara Workout Routine: High Intensity Interval Ninja Training B

Warm Up:

Jog 400m

Workout: Complete 5 Rounds

25 Jumping Jacks

30 Push Ups

25 Jumping Jacks

25 Sit Ups

25 Jumping Jacks

20 Step Ups

25 Jumping Jacks

15 Glute Bridges

25 Jumping Jacks

10 Chin Ups

Gaara Workout Routine: Ultimate Weapon Calisthenics C

Warm Up:

50 High Knees

50 Butt Kicks

Superset One:

A. Close to Wide Push Ups

3×20

B. Jumping Jacks

3×20

Superset Two:

A. Jumping Lunges

3×20

B. Lying Leg Raise with Hip Thrust

3×30

Superset Three:

A. Dips

3×10

B. Planking Knee Taps

3×16

Superset Four:

A. Pike Push Ups

3×5-10

B. Crunches

3×20

Gaara Workout Routine: Optional Additional Ninja Training 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](#)

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 \(Workout Included\)](#)