

# JIRAIYA WORKOUT ROUTINE



Bonus PDF File  
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# JIRAIYA WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We have 4 days a week devoted to strength and core, and then one day per week for a long run to slowly build up our endurance.

## 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.

## Jiraiya Workout Routine: Sample Workout Schedule

**Monday:** Hermit Strength Chest and Triceps

**Tuesday:** Hermit Strength Legs, Calves and Core

**Wednesday:** Shinobi Endurance Training

**Thursday:** Hermit Strength Shoulder, Traps and Core

**Friday:** Hermit Strength Back and Biceps

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

**Sunday:** Mandatory Rest Day

## **Jiraiya Workout Routine: Hermit Strength Chest and Triceps**

### **Warm Up:**

800m Jog

### **Workout:**

Bench Press

4×12, 10, 8, 5

Incline Dumbbell Bench Press

3×12

Tricep Cable Pushdowns with Rope

3×12

Seated Dumbbell Overhead Extension

3×10

Chest Fly Machine

3×10

Dips

3×15

## **Jiraiya Workout Routine: Hermit Strength Legs, Calves and Core**

### **Warm Up:**

800m Jog

### **Workout:**

Back Squat

4×12, 10, 8, 5

Leg Press

3×12

Bulgarian Split Squats

3×12 each leg

Weighted Bridges

3×10

Sit Ups

3×25

Hanging Leg Raises

3×20

## **Jiraiya Workout Routine: Shinobi Endurance Training**

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 \(Workout Included\)](#)

# **Jiraiya Workout Routine: Hermit Strength Shoulders, Traps and Core**

## **Warm Up:**

800m Jog

## **Workout:**

Overhead Press

4×12, 10, 8, 5

Hang Cleans

3×12

Shoulder Front Raises

3×12

Barbell Shrugs

3×10

Cable Crunches

3×25

Lying Leg Raises

3×20

## **Jiraiya Workout Routine: Hermit Strength Back and Biceps**

### **Warm Up:**

800m Jog

### **Workout:**

Deadlift

4×12, 10, 8, 5

Barbell Rows

3×12

Alternating Dumbbell Curls

3×12 each arm

Preacher Curls

3×10

Cable Rows

3×15

Chin Ups



3×10

## Jiraiya Workout Routine: Optional Additional 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](#)

