

JOSUKE HIGASHIKATA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

JOSUKE HIGASHIKATA WORKOUT ROUTINE

Training Volume:

4-5 days per week

Explanation:

We're going to be training with 4 days of calisthenics and HIIT and then one day of optional endurance work or other optional training with mixed martial arts or even parkour.

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.

Josuke Higashikata Workout Routine: Sample Workout Schedule

Monday: Crazy Diamond Arms and HIIT

Tuesday: Crazy Diamond Legs and Abs

Wednesday: Jojo Endurance Training

Thursday: Crazy Diamond Chest and HIIT

Friday: Crazy Diamond Back and Abs

Saturday: Active Rest Day

Sunday: Rest Day

Josuke Workout Routine: Crazy Diamond Arms and HIIT

Chin Ups

3×10

Bench Dips

3×15

Wide Grip Chin Ups

3×10

Dips

3×15

Close Grip Chin Ups

3×10

HIIT: Complete 15-30 Minutes

- 30 Second Spring
- 90 Second Walk

Alternative HIIT Workouts

Josuke Workout Routine: Crazy Diamond Legs and Abs

Warm Up:

5-10 Minute Walk

or

3×100 Jump Rope

Workout:

Lunges

3×15

Pistol Squats

3×10

Air Squats

3×15

Jump Squats

3×10

Lunges

3×15

Ab Workout:

Toes to Bar

Which can be scaled to Knees to Elbow

3×25

60 Second Plank Holds w/ Increasing Weight (on your back)

Example:

Set One: Free Weight

Set Two: 45 Lbs

Set Three: 70 lbs

Short Circuit 3 Sets

(Try not to touch your feet to the floor until you finish each set)

20 Lying Leg Lifts

20 Scissor Kicks

20 Second Hollow Rock

3×25 Sit Ups

Josuke Workout Routine: Jojo Endurance Training

Another portion of this routine is extra endurance training to burn fat and build your stamina.

For that reason you're going to be running based on your fitness level:

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

You can also use some of our celeb and character endurance workouts to step it up a notch if you want.

Running Based Celebrity and Character Workouts

- [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 \(Workout Included\)](#)

Josuke Workout Routine: Crazy Diamond Chest and HIIT

Regular Push Ups

3×15

Diamond Push Ups

3×10

Handstand Push Ups

3×15

Ring or Bar Dips

3×10

Regular Push Ups

3×15

HIIT: Complete 15-30 Minutes

- 30 Second Spring
- 90 Second Walk

Alternative HIIT Workouts

Josuke Workout Routine: Crazy Diamond Back and Abs

Warm Up:

5-10 Minute Walk

or

3×100 Jump Rope

Workout:

Standard Pull Ups

3×15

Wide Grip Pull Ups

3×10

Wide Grip Push Ups

3×15

Wide Grip Behind The Head Pull Ups

3×10

Standing Pull Ups

3×15

Ab Workout:

Toes to Bar

Which can be scaled to Knees to Elbow

3×25

60 Second Plank Holds w/ Increasing Weight (on your back)

Example:

Set One: Free Weight

Set Two: 45 Lbs

Set Three: 70 lbs

Short Circuit 3 Sets

(Try not to touch your feet to the floor until you finish each set)

20 Lying Leg Lifts

20 Scissor Kicks

20 Second Hollow Rock

3×25 Sit Ups

Josuke Workout Routine: Optional Additional Training Resources

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](#)