

MAKI OZE

WORKOUT ROUTINE



Bonus PDF File
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MAKI OZE WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

For this one our goal is to achieve a Maki Oze physique so we're going to be training with a minimum 4 days per week consisting of Upper and Lower Body Splits (2x per week each) and then a bonus day or two of optional training resources like MMA and/or 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.

Maki Oze Workout Routine: Sample Workout Schedule

Monday: Fire Soldier Upper Body A

Tuesday: Fire Soldier Lower Body A

Wednesday: Second Generation Endurance, MMA and/or Parkour Training

Thursday: Fire Soldier Upper Body B

Friday: Fire Soldier Lower Body B

Saturday: Optional Training Resources or Active Off Day

Sunday: Rest Day

Maki Oze Workout Routine: Fire Soldier Upper Body A

Warm Up:

10 Minute Incline Walk

Workout:

Bench Press

3×12, 10, 8

Barbell Rows

3×12, 10, 8

Barbell Shoulder Press

3×12, 10, 8

Lateral Pulldowns

3×12, 10, 8

Tricep Cable Pushdowns

3×12, 10, 8

Barbell Curls w/ EZ Bar

3×12, 10, 8

Maki Oze Workout Routine: Fire Soldier Lower Body A

Warm Up:

10 Minute Incline Walk

Workout:

Back Squat

3×12, 10, 8

Weighted Lunges

3×12, 10, 8 each leg

Straight Leg Dumbbell Deadlifts

3×12, 10, 8

Seated Calf Raises

3×12, 10, 8

Cable Crunches

3×25

Lying Leg Raises

3×25

Maki Oze Workout Routine: Second Generation Endurance, MMA and/or Parkour Training

For your mid-week training you have the option to insert cardio and endurance work or even some MMA or Parkour Training.

I'll provide resources for each below and you can pull single days from the workouts or resources and insert them each week.

Basic Endurance Training Option:

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 \(Workout Included\)](#)

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](#)

Maki Oze Workout Routine: Fire Soldier Upper Body B

Warm Up:

10 Minute Incline Walk

Workout:

Barbell Shoulder Press

3×12, 10, 8

Weighted Chin Ups

3×12, 10, 8

Incline Dumbbell Bench Press

3×12, 10, 8

Cable Rows

3×12, 10, 8

Overhead Tricep Extensions

3×12, 10, 8

Zottman Curls

3×12, 10, 8

Maki Oze Workout Routine: Fire Soldier Lower Body B

Warm Up:

10 Minute Incline Walk

Workout:

Conventional Deadlift

3×12, 10, 8

Weighted Step Ups

3×12, 10, 8 each leg

Weighted Glute Bridges

3×12, 10, 8

Standing Calf Raises

3×12, 10, 8

Sit Ups with Twist

3×30

Flutter Kicks

3×50