

MINATO 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.

MINATO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one the focus is speed! We're going to be doing 2 days of high intensity interval training and then 3 days of calisthenics training to build strength for agility, fat loss and toning – while also having sprints to finish off the workout 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.

Minato Workout Routine: Sample Workout Schedule

Monday: Fastest Shinobi Calisthenics and Sprints A

Tuesday: Fourth Hokage HIIT Training A

Wednesday: Fastest Shinobi Calisthenics and Sprints B

Thursday: Fourth Hokage HIIT Training B

Friday: Fastest Shinobi Calisthenics and Sprints C

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

Sunday: Mandatory Rest Day

Minato Workout Routine: Fastest Shinobi Calisthenics and Sprints A

Warm Up:

800m Jog

Superset One:

A. Push Ups

3×20

B. Jumping Lunges

3×20

Superset Two:

A. Dips

3×10

B. Box Jumps

3×15

Superset Three:

A. Chin Ups

3×10

B. Glute Bridges

3×20

Ab Finisher: 3 Rounds

20 Sit Ups

20 Lying Leg Raises

30 Second Hollow Hold

Sprints: Sprint On and Off for 10-20 Minutes

ON: Sprint for 30-60 Seconds

OFF: Walk for 60-90 Seconds

Minato Workout Routine: Fourth Hokage HIIT A

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kicks

Workout: Complete 3 Rounds

50 Jumping Jacks

10 Burpees

50 Jumping Jacks

20 Planking Shoulder Taps

50 Jumping Jacks

30 Push Ups

50 Jumping Jacks

20 Crunches

50 Jumping Jacks

10 Inch Worms

Minato Workout Routine: Fastest Shinobi Calisthenics and Sprints B

Warm Up:

800m Jog

Superset One:

A. Close to Wide Push Ups

3×20

B. Side Lunges

3×20

Superset Two:

A. Tricep Extensions

3×10

B. Step Ups

3×20

Superset Three:

A. Wide Pull Ups

3×10

B. Air Squats

3×20

Ab Finisher: 3 Rounds

20 Slow Crunches

40 Flutter Kicks

60 Second Plank

Sprints: Sprint On and Off for 10-20 Minutes

ON: Sprint for 30-60 Seconds

OFF: Walk for 60-90 Seconds

Minato Workout Routine: Fourth Hokage HIIT B

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kicks

Workout: Complete 3 Rounds

50 Jumping Jacks

10 Box Jumps

50 Jumping Jacks

20 Explosive Push Ups

50 Jumping Jacks

30 Air Squats

50 Jumping Jacks

20 Lying Leg Raises

50 Jumping Jacks

10 Wall Climbs

Minato Workout Routine: Fastest Shinobi Calisthenics and Sprints C

Warm Up:

800m Jog

Superset One:

A. Decline Push Ups

3×20

B. 3-Point Squats

3×20

Superset Two:

A. Chair Dips

3×10

B. Mountain Climbers

3×20

Superset Three:

A. Pull Ups

3×10

B. Bulgarian Split Squats

3×20

Ab Finisher: 3 Rounds

20 Bicycle Crunches

20 Lying Leg Raises with Hip Thrust

30 Second Superman Hold

Sprints: Sprint On and Off for 10-20 Minutes

ON: Sprint for 30-60 Seconds

OFF: Walk for 60-90 Seconds

Minato Workout Routine: Optional Alternative Training Resources

High Intensity Interval Training Options:

- [HIIT Workout Routine Variations](#)
- [Jump Rope Workouts](#)

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](#)

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 \(Workout Included\)](#)