

# SHIKAMARU WORKOUT ROUTINE



Bonus PDF File  
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# SHIKAMARU WORKOUT ROUTINE

**Training Volume:**

3 days per week

**Explanation:**

For this one we're going to be mixing up basic calisthenics training with some simple endurance work to train like a ninja – but a lazy one!

**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.

## **Shikamaru Workout Routine: Sample Workout Schedule**

**Monday:** Lazy Ninja Calisthenics and Endurance A

**Tuesday:** Optional Additional Training or Rest Day

**Wednesday:** Lazy Ninja Calisthenics and Endurance B

**Thursday:** Optional Additional Training or Rest Day

**Friday:** Lazy Ninja Calisthenics and Endurance C

**Saturday:** Optional Additional Training or Rest Day

**Sunday:** Mandatory Rest Day

## **Shikamaru Workout Routine: Lazy Ninja Calisthenics and Endurance A**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

### **Workout:**

Push Ups

3×20

Air Squats

3×15

Dips

3×10

Pull Ups

3×5-10

**Core:**

Sit Ups

3×20

Lying Leg Raises

3×20

Plank

3×60 seconds

**Endurance: Choose One to Complete**

Row 1-2 Miles

Run 1-3 Miles

Bike 3-5 Miles

**Shikamaru Workout Routine: Lazy Ninja Calisthenics and Endurance B**

**Warm Up:**

25 Jumping Jacks

25 High Knees

**Workout:**

Close Push Ups

3×20

Lunges

3×10 each leg

Tricep Extensions

3×10

Pike Push Ups

3×5-10

**Core:**

Sit Ups with Twist

3×20

Flutter Kicks

3×50

Hollow Hold

3×30 seconds

**Endurance: Choose One to Complete**

Row 1-2 Miles

Run 1-3 Miles

Bike 3-5 Miles

**Shikamaru Workout Routine: Lazy Ninja Calisthenics and Endurance C**

**Warm Up:**

25 Jumping Jacks

25 High Knees

**Workout:**

Wide Push Ups

3×20

Wide to Narrow Squats

3×20

Chair Dips

3×10

Chin Ups

3×5-10

**Core:**

Bicycle Crunches

3×30

Lying Leg Raises with Hip Thrust

3×20

Superman Hold

3×30 seconds

**Endurance: Choose One to Complete**

Row 1-2 Miles

Run 1-3 Miles

Bike 3-5 Miles

**Shikamaru Workout Routine: [Optional] Alternative 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 \(Workout Included\)](#)