

TOGE INUMAKI WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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TOGE INUMAKI WORKOUT ROUTINE

Training Volume: 3-5 days per week

Explanation:

For this one we're actually going to be working around calisthenics and endurance training. You'll have your base calisthenics training each day and then you'll have optional work at the end depending on how much endurance training you fit into your training (which should be a decent amount if you want to be like Toge). Another two days a week you will also be expected to utilize Parkour Training, but if you opt not to you can either add in some active rest days OR even some optional HIIT work.

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.

Toge Inumaki Workout Routine: Sample Workout Schedule

Monday: Second Year Calisthenics and Endurance Training (Optional Work A)

Tuesday: Optional Parkour Training with Resources, Active Rest Day or Alternative HIIT/MMA

Wednesday: Second Year Calisthenics and Endurance Training (Optional Work B)

Thursday: Optional Parkour Training with Resources, Active Rest Day or Alternative HIIT/MMA

Friday: Second Year Calisthenics and Endurance Training (Optional Work C)

Saturday: Active Rest Day (More Endurance Work or Get Active)

Sunday: Mandatory Rest Day

Toge Inumaki Workout Routine: Second Year Calisthenics and Endurance Training (Optional Work A)

Warm Up:

25 Jumping Jacks

25 High Knees

It does not matter if you run or do your calisthenics first. Do it in the order that works best for you.

Endurance Work:

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

Additional Endurance Training Resources found below with your Parkour/HIIT.

Calisthenics Work:

Push Ups

3×25

Air Squats

3×20

Dips

3×15

Chin Ups/Pull Ups

3×10

Optional Calisthenics Work A:

Sit Ups

3×25

Lying Leg Raises

3×20

Plank to Push Ups

3×10

Inch Worm to Push Ups

3×10

Toge Inumaki Workout Routine: Second Year Calisthenics and Endurance Training (Optional Work B)

Warm Up:

25 Jumping Jacks

25 High Knees

It does not matter if you run or do your calisthenics first. Do it in the order that works best for you.

Endurance Work:

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

Additional Endurance Training Resources found below with your Parkour/HIIT.

Calisthenics Work:

Push Ups

3×25

Air Squats

3×20

Dips

3×15

Chin Ups/Pull Ups

3×10

Optional Calisthenics Work B:

Bicycle Crunches

3×30

Flutter Kicks

3×40

Planking Shoulder Taps

3×20

Wall Climbs

3×10

Toge Inumaki Workout Routine: Second Year Calisthenics and Endurance Training (Optional Work C)

Warm Up:

25 Jumping Jacks

25 High Knees

It does not matter if you run or do your calisthenics first. Do it in the order that works best for you.

Endurance Work:

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

Additional Endurance Training Resources found below with your Parkour/HIIT.

Calisthenics Work:

Push Ups

3×25

Air Squats

3×20

Dips

3×15

Chin Ups/Pull Ups

3×10

Optional Calisthenics Work B:

Sit Ups with Twist

3×20

Superman Hold

3×30 seconds

Hollow Hold

3×30 seconds

Plank Hold

3×60 seconds

Toge Inumaki Workout Routine: Parkour, Endurance, HIIT and Other Optional Training Resources

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)

- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

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 \(Workout Included\)](#)

Alternative Training HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

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](#)