

TOMURA SHIGARAKI WORKOUT ROUTINE



Bonus PDF File
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TOMURA SHIGARAKI WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to be training a total of 4 days per week focusing on strength, speed, endurance and fat loss. Since Shigaraki is strong, but his physique is actually much slimmer – we're going to be building a much less intense training style than we are used to seeing from characters like All Might, Endeavor and All For 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.

Tomura Shigaraki Workout Routine: Sample Workout Schedule

Monday: Decaying Chest and Triceps

Tuesday: Decaying Legs and Abs

Wednesday: All For One Optional Endurance Work

Thursday: Decaying Back and Biceps

Friday: Decaying Shoulders and Abs

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Tomura Shigaraki Workout Routine: Decaying Chest and Triceps

Compounds:

Bench Press

3×12, 10, 8

Close Grip Bench

3×15, 12, 10

Accessory Work:

Incline Chest Flyes

3×10

Cable Reverse Grip Pushdowns

3×10

Dips

3×15

Endurance Work:

Run 1-3 Miles

Tomura Shigaraki Workout Routine: Decaying Legs and Abs

Compounds:

Back Squats

3×12, 10, 8

Leg Press

3×15, 12, 10

Accessory Work:

Hamstring Kickbacks

3×10

Quad Extensions

3×10

Weighted Lunges

3×20

Core Work:

Plank

3×60 Seconds

Hanging Leg Raises

3×20

Sit Ups

3×25

Tomura Shigaraki Workout Routine: Decaying Back and Biceps

Compounds:

Deadlift

3×12, 10, 8

Preacher Curls

3×15, 12, 10

Accessory Work:

Bent Over Rows

3×10

Alternating Hammer Curls

3×10

Chin Ups

3×10

Endurance Work:

Run 1-3 Miles

Tomura Shigaraki Workout Routine: Decaying Shoulders and Abs

Compounds:

Overhead Press

3×12, 10, 8

Upright Rows

3×15, 12, 10

Accessory Work:

Front Raises with Dumbbells

3×10

Handstand Pushups

3×10

Barbell Shrugs

3×15

Core Work:

Side Planks

3×30 Seconds Each Side

Lying Leg Raises w/ Hip Thrust

3×20

Cable Crunches

3×25

