

# YASUKE WORKOUT ROUTINE



Bonus PDF File  
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# YASUKE WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

We're going to be working with 4 days of calisthenics training per week and then it will be your decision whether or not you want to add in extra training resources for mixed martial arts, parkour, endurance work, or even some HIIT.

## Additional Information:

This workout is built around our newest Core Program: Assassin Calisthenics, to give you a hint of the training style we utilize there. There is not nearly as much enforced progressive overload being that [Assassin Calisthenics](#) takes you through 90 days, but this gives you a nice taste of how you can level up!

## Alpha, Bravo, Charlie and Delta Information:

*Complete 3-5 Rounds based on your Overall Level of Fitness:*

Beginner: 3 Rounds

Intermediate: 4 Rounds

Advanced: 5 Rounds

## Scaling Guide:

You can complete this as individual sets and reps like a “regular” workout, or complete it as a circuit with no breaks between any movements, OR as supersets or trisets of workouts you pair together in order to complete it with some extra intensity.

You should scale up and/or down by using our Ultimate Calisthenics Workout and Guide for scaling resources, but also by increasing or decreasing the overall rep count of the movements prescribed.

If you'd like to scale up even more you can increase the movements to more advanced variations (Ex: Push Ups -> Clap Push Ups), or tack on a weighted vest!

## 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.

## Yasuke Workout Routine: Sample Workout Schedule

**Monday:** Samurai Calisthenics Alpha

**Tuesday:** Samurai Calisthenics Bravo

**Wednesday:** Optional Additional Training with Bonus Resources

**Thursday:** Samurai Calisthenics Charlie

**Friday:** Samurai Calisthenics Delta

**Saturday:** Optional Additional Training with Bonus Resources

**Sunday:** Mandatory Rest Day

## **Yasuke Workout Routine: Samurai Calisthenics Alpha**

**Complete 3-5 Rounds (see notes for additional information):**

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Push Ups

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Air Squats

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

10 Chest Dips

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Sit Ups

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

10 Chin Ups

## **Yasuke Workout Routine: Samurai Calisthenics Bravo:**

**Complete 3-5 Rounds (see notes for additional information):**

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Incline Push Ups

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Lunges

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

10 Tricep Dips

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Leg Raises

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

10 Pull Ups

**Yasuke Workout Routine: Samurai Calisthenics Charlie:**

**Complete 3-5 Rounds (see notes for additional information):**

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Close Grip Push Ups

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Glute Bridges

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

10 Tricep Dips

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 V-Ups

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

10 Wide Pull Ups

## **Yasuke Workout Routine: Samurai Calisthenics Delta:**

**Complete 3-5 Rounds (see notes for additional information):**

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Wide Grip Push Ups

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Jump Squats

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

10 Plank to Push Ups

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

20 Hanging Knee Raises

50 Jumping Jacks, High Knees, Toe Taps onto DB or Jump Rope

10 Pike Push Ups

## **Yasuke Workout Routine: Optional Training Resources**

### **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](#)