

YUTA OKKOTSU WORKOUT ROUTINE



Bonus PDF File
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YUTA OKKOTSU WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be training with 3 days of full body and core calisthenics training, and then 2 days devoted to endurance and high intensity training.

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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Yuka Okkotsu Workout Routine: Sample Workout Schedule

Monday: Swordsman Calisthenics and Core A

Tuesday: Special Grade Intensity Training

Wednesday: Swordsman Calisthenics and Core B

Thursday: Jujutsu Endurance Training

Friday: Swordsman Calisthenics and Core C

Saturday: Active Rest Day or Optional Additional Training with Resources

Sunday: Mandatory Rest Day

Yuka Okkotsu Workout Routine: Swordsman Calisthenics and Core A

Warm Up:

Walk/Run for 5-10 Minutes

Workout:

Tri-set One:

A. Push Ups

3×20

B. Tricep Extensions

3×15

C. Hollow Hold

3×30 Seconds

Tri-Set Two:

A. Air Squats

3×20

B. Wall Climbs

3×10

C. Mountain Climbers

3×20

Tri-Set Three:

A. Sit Ups

3×20

B. Hanging Knee Raises with Twist

3×20

C. Plank Hold

3×60 Seconds

Yuka Okkotsu Workout Routine: Special Grade Intensity Training

Warm Up:

25 Jumping Jacks

25 Butt Kicks

25 High Knees

Workout: Complete 2 Rounds

25 Pull Ups

50 Jump Rope

50 Alternating Pistol Squats

50 Side Crunches

50 Jump Rope

50 Push Ups

50 Knee Tucks

50 Jump Ropes

25 Pull Ups

Rest 3-5 Minutes as Needed

Yuka Okkotsu Workout Routine: Swordsman Calisthenics and Core B

Warm Up:

Walk/Run for 5-10 Minutes

Workout:

Tri-set One:

A. Decline Push Ups

3×20

B. Plank to Push Ups

3×15

C. Superman Hold

3×30 Seconds

Tri-Set Two:

A. Jumping Lunges

3×20

B. Inch Worm to Push Ups

3×10

C. Half Burpees

3×10

Tri-Set Three:

A. V-Ups

3×20

B. Flutter Kicks

3×50

C. Side Planks

3×30 Seconds Each Side

Yuka Okkotsu Workout Routine: Jujutsu Endurance Training

Being that we're going to be working with a swordsman we are going to actually be utilizing some HIIT Endurance Work that consists of rowing instead of running (like we normally would use). If you'd like to sub running/treadmill for this you can do that by easily swapping.

Warm Up:

- Row 2-5 Minute at Slow Pace

Workout: Complete 20-30 Minutes

- One Minute ON: Row Sprint at 70-90% Intensity for 60 Seconds
- One Minute OFF: Row Slow Pace at 30-50% Intensity for 60 Seconds
- Rinse and Repeat for 20-30 Minutes

Optional Alternative HIIT Training:

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

Yuka Okkotsu Workout Routine: Swordsman Calisthenics and Core C

Warm Up:

Walk/Run for 5-10 Minutes

Workout:

Tri-set One:

A. Explosive Push Ups

3×20

B. Dips

3×15

C. L-Sit Hold

3×30 Seconds

Tri-Set Two:

A. Skater Lunges

3×20

B. Chin Ups

3×10

C. Box Jumps

3×20

Tri-Set Three:

A. Slow Crunches

3×20

B. Lying Leg Raises with Hip Thrust

3×20

C. Russian Twists

3×30

Yuta Okkotsu Workout Routine: Optional Additional 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 \(Workout Included\)](#)

Parkour Training Resources:

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

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)

- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)