

HASHIRAMA SENJU WORKOUT ROUTINE



Bonus PDF File
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HASHIRAMA SENJU WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with 3 days of full body workouts with high volume and 2 days of endurance training of different styles to increase the intensity one day with weights and strictly focus on endurance another day.

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.

Hashirama Senju Workout Routine: Sample Workout Schedule

Monday: First Hokage Full Body Training A

Tuesday: God of Shinobi Endurance Circuit

Wednesday: First Hokage Full Body Training B

Thursday: God of Shinobi Endurance Run and Sprint

Friday: First Hokage Full Body Training C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Hashirama Senju Workout Routine: First Hokage Full Body Training A

Warm Up:

Incline Walk 5 Minutes

Jog 10 Minutes

Cooldown Walk 5 Minutes

Workout:

Incline Bench Press

3×10

Kettlebell Swings

3×10

Leg Press

3×10

Wide Grip Pulldowns

3×10

Preacher Curls

3×10

Tricep Pushdowns

3×10

Sit Ups

3×20

Knee Tucks

3×20

Hashirama Senju Workout Routine: God of Shinobi Endurance Circuit

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 4 Rounds

800m Run

20 Push Ups

15 Air Squats

10 Dips

5 Chin Ups

Hashirama Senju Workout Routine: First Hokage Full Body Training B

Warm Up:

Incline Walk 5 Minutes

Jog 10 Minutes

Cooldown Walk 5 Minutes

Workout:

Cable Flys

3×10

Overhead Press

3×10

Weighted Lunges

3×10

Deadlifts

3×10

High Cable Curls

3×10

Cable Kickbacks

3×10 each arm

V-Ups

3×20

Lying Leg Raises

3×20

**Hashirama Senju Workout Routine: God of Shinobi
Endurance Run and Sprint**

Warm Up:

- Walk/Jog 10 Minutes

Sprint Session: 20 Minutes

- One Minute ON: 60 Second Sprint
- One Minute OFF: 60 Second Walk
- Rinse and Repeat for 20 Minutes Total

Endurance Finisher: 30 Minutes

- Run 3 Minutes
- Walk 2 Minute
- Rinse and Repeat for 30 Minutes Total

Hashirama Senju Workout Routine: First Hokage Full Body Training C

Warm Up:

Incline Walk 5 Minutes

Jog 10 Minutes

Cooldown Walk 5 Minutes

Workout:

Decline Machine Press

3×10

Lateral Raises

3×10

Goblet Squats

3×10

Cable Rows

3×10

Alternating Dumbbell Curls

3×10 each arm

Tricep Overhead Extensions

3×10

Bicycle Crunches

3×20

Hanging Leg Raises

3×20