

# OROCHIMARU WORKOUT ROUTINE



Bonus PDF File  
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# OROCHIMARU WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be training with 4 days a week of weight lifting and some intensity work and then one day per week devoted towards a large circuit like we've seen used in super intense training (Spartan training to be more specific).

## 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.

## Orochimaru Workout Routine: Sample Workout Schedule

**Monday:** Sannin Chest, Triceps and Core

**Tuesday:** Sannin Legs, Calves and Intensity

**Wednesday:** Hokage Big Intensity Circuit

**Thursday:** Sannin Back, Biceps and Core

**Friday:** Sannin Shoulders, Traps and Intensity

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Orochimaru Workout Routine: Sannin Chest, Triceps and Core**

### **Warm Up:**

10 Minutes of On and Off Sprints

- One Round ON: Sprint 60 Seconds
- One Round OFF: Walk 60 Seconds

### **Workout:**

Bench Press

3×12, 10, 8

Tricep Cable Pushdowns with Rope

3×12, 10, 8

Incline Machine Press

3×10

Tricep Cable Kickbacks

3×10 each arm

Weighted Dips

3×15, 10, 5

**Core Work:**

Weighted Sit Ups

3×20

Hanging Knee Raises with Twist

3×20

**Orochimaru Workout Routine: Hokage Big Intensity Circuit**

**Warm Up:**

25 Jumping Jacks

25 High Knees

25 Butt Kicks

**Workout: Complete 2 Rounds**

10 Pull Ups

25 Deadlifts

25 Push Ups

25 Box Jumps

25 V-Ups

25 Clean and Press [Light]

10 Pull Ups

## **Orochimaru Workout Routine: Sannin Legs, Calves and Intensity**

### **Warm Up:**

10 Minute Slow Incline Walk

### **Workout:**

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Seated Calf Raises

3×10

Hamstring Curls

3×10

Quad Extensions

3×15

**Intensity: Complete 3 Rounds**

20 Double Unders

15 Weighted Glute Bridges

10 Weighted Lunges

5 Goblet Squats

## **Orochimaru Workout Routine: Sannin Back, Biceps and Core**

**Warm Up:**

10 Minutes of On and Off Sprints

- One Round ON: Sprint 60 Seconds
- One Round OFF: Walk 60 Seconds

**Workout:**

Deadlifts (Barbell or Dumbbells)

3×12, 10, 8

Cable Bicep Curls with EZ Bar

3×12, 10, 8

Wide Grip Cable Pulldowns

3×10

High Cable Curls

3×10

Bent Over Barbell Rows

3×15, 10, 5

**Core Work:**

V-Ups

3×30

Lying Leg Raises

3×30



# **Orochimaru Workout Routine: Sannin Shoulders, Traps and Intensity**

## **Warm Up:**

10 Minute Slow Incline Walk

## **Workout:**

Barbell Overhead Press

3×12, 10, 8

Hang Cleans

3×12, 10, 8

Upright Rows

3×10

Lateral Raises

3×10

Barbell Shrugs

3×15

**Intensity: Complete 3 Rounds**

20 Kettlebell Swings

15 Push Ups

10 Single Arm DB Snatches [Total]

5 Wall Climbs

## **Orochimaru Workout Routine: Optional Additional Training Resources**

### **HIIT Training Resources:**

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

### **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](#)