

SENKU ISHIGAMI WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

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SENKU ISHIGAMI WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one I'm going to be programming you three different levels to progress through. You can progress week to week, month to month, or over your own time frame depending on how you feel you're capable of scaling up. Each level will increase in difficulty because we're going to be using beginner methods but also progressive overload to keep the effectiveness going over time.

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.

Senku Ishigami Workout Routine: Level One Sample Week

Monday: Calisthenics Level One

Tuesday: Science

Wednesday: Calisthenics Level One

Thursday: Science

Friday: Calisthenics Level One

Saturday: Science

Sunday: Science

Senku Ishigami Workout Routine: Calisthenics Level One

Warm Up:

Jumping Jacks:

3×10

Mountain Climbers:

3×10

Lying Leg Raises:

3×10

Workout:

Push Ups:

3×10

Dips:

3×10

Pull-Ups:

3×10

Air Squats:

3×10

Senku Ishigami Workout Routine: Level Two Sample Week

Monday: Calisthenics Level Two

Tuesday: Science

Wednesday: Calisthenics Level Two

Thursday: Science

Friday: Calisthenics Level Two

Saturday: Science

Sunday: Science

Senku Ishigami Workout Routine: Calisthenics Level Two

Warm Up:

Burpees:

3×5

Inch Worms:

3×10

Plank Holds:

3×60 seconds

Workout:

Workout Total Reps:

(To be performed in Individual Sets, Supersets or as a Circuit with multiple rounds)

Pull Ups: 50

Dips: 50

Sit Ups: 50

Lying Leg Raises: 75

Air Squats: 75

Push Ups: 100

Lunges: 100

Senku Ishigami Workout Routine: Level Three Sample Week

Monday: Calisthenics Level Three

Tuesday: Walk/Run 20-30 Minutes

Wednesday: Calisthenics Level Three

Thursday: Walk/Run 20-30 Minutes

Friday: Calisthenics Level Three

Saturday: Science

Sunday: Science

Senku Ishigami Workout Routine: Calisthenics Level Three

Warm Up:

Wall Climbs:

3×10

L-Sit Hold

5×30 seconds

Workout:

Workout Total Reps:

(To be performed in Individual Sets, Supersets or as a Circuit with multiple rounds)

Handstand Push-ups: 50

Hanging Leg Raises: 75

Pull Ups: 100

Lunges: 100

Sit Ups: 100

Pistol Squats: 100

Dips: 125

Push Ups: 200