

TATSUMAKI WORKOUT ROUTINE



Bonus PDF File
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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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TATSUMAKI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training with endurance, high intensity interval training and calisthenics. This will help us with overall aesthetic, muscle toning and fat burn while also working up to the speed and stamina we'll need to become Tatsumaki.

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.

Tatsumaki Workout Routine: Sample Workout Schedule

Monday: Calisthenics and HIIT A

Tuesday: Long Distance Endurance Work: Running

Wednesday: Long "Big" Circuit – Endurance and Calisthenics

Thursday: High Intensity Interval Training Sprints

Friday: Calisthenics and HIIT B

Saturday: Active Rest Day or Full Rest

Sunday: Rest Day

Tatsumaki Workout Routine: Calisthenics and HIIT A

Warm Up:

Walk/Jog 800M

Workout:

Mountain Climbers

3×20

Push Ups

3×15

Chair Dips

3×10

Cossack Squats

3×10 Each Side

Core:

Sit Ups

3×20

Lying Leg Raises

3×20

High Intensity Interval Training A: Complete 3 Rounds

- Sprint x 30 sec.
- Squat Jumps x 30 sec.
- Lunges x 20 each leg
- Glute Bridges x 30 sec.
- Rest 1 Minute Between Rounds

Alternative HIIT Resources:

- [The Best HIIT Workouts To Step Up Your Workout](#)
- [Jump Rope Workouts](#)

Tatsumaki Workout Routine: Long Distance Endurance Work: Running

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Work 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 Continue Training After Your First 5K \(Workout Included\)](#)

Tatsumaki Workout Routine: Long “Big” Circuit – Endurance and Calisthenics

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 2 Rounds

Run 800M

30 Air Squats

25 Sit Ups

20 Push Ups

15 V-Ups

10 Dips

Tatsumaki Workout Routine: High Intensity Interval Training Sprints

Warm Up:

Walk 10 Minutes

HIIT Workout: Sprints 20 Minutes

"1 Minute On, 1 Minute Off"

One Minute ON: Sprint 60 Seconds at 7-10 MPH

One Minute OFF: Walk 60 Seconds at 2-3.5 MPH

Cooldown:

Walk 5 Minutes

Alternative HIIT Resources:

- [The Best HIIT Workouts To Step Up Your Workout](#)
- [Jump Rope Workouts](#)

Tatsumaki Workout Routine: Calisthenics and HIIT B

Warm Up:

Walk/Jog 800M

Workout:

Jump Squats

3×20

Close to Wide Push Ups

3×15

Plank to Push Ups

3×10

Burpees

3×5

Core:

Bicycle Crunches

3×30

Flutter Kicks

3×30

High Intensity Interval Training B: Complete 3 Rounds

- Pike Push Ups x 10
- Jump Rope x 30
- Lunges x 20 (total)
- Jumping Jacks x 30
- Planking Knee Taps x 10
- Jump Rope x 30
- Half Burpees x 10

Alternative HIIT Resources:

- [The Best HIIT Workouts To Step Up Your Workout](#)
- [Jump Rope Workouts](#)

Tatsumaki Workout Routine: Optional Additional Training Resources

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](#)