

TSUKASA SHISHIO 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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TSUKASA SHISHIO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with a 3 day split of PPL and then we're going to also have two days of mixed circuit training that will focus on strength, calisthenics, speed and intensity all at once!

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.

Tsukasa Workout Routine: Sample Workout Schedule

Monday: Primate Pull and Core Day

Tuesday: The Strongest HIIT Circuit A

Wednesday: Primate Push Day

Thursday: The Strongest HIIT Circuit B

Friday: Primate Legs and Core Day

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Tsukasa Workout Routine: Primate Pull and Core Day

Warm Up:

High Incline Walk 10-15 Minutes

Compounds:

Deadlifts

4×12, 10, 8, 5

Chin Ups

4×10

Accessory Work:

Bent Over Rows

3×10

Preacher Curls

3×10

Wide Grip Pulldowns

3×10

Hammer Curls

3×10 each arm

Core Work:

Sit Ups

3×20

Lying Leg Raises

3×20

Tsukasa Workout Routine: The Strongest HIIT Circuit A

Warm Up:

25 Jumping Jacks

25 High Knees

Workout: Complete 4 Rounds for Time

400m Run

30 Box Jumps

25 Push Ups

20 Sit Ups

15 Dips

10 Pull Ups

5 Half Burpees

Tsukasa Workout Routine: Primate Push Day

Warm Up:

High Incline Walk 10-15 Minutes

Compounds:

Bench Press

4×12, 10, 8, 5

Overhead Press

4×12, 10, 8, 5

Accessory Work:

Tricep Cable Pushdowns

3×10

Dips

3×10

Lateral Raises

3×10

Cable Chest Flys

3×10

Tricep Overhead Extensions

3×10

Power Cleans

3×5

Tsukasa Workout Routine: The Strongest HIIT Circuit B

Warm Up:

25 Jumping Jacks

25 High Knees

Workout: Complete 2 Rounds

25 Pull Ups

50 Deadlifts

50 Box Jumps

50 Sit Ups

50 Push Ups

50 Jumping Lunges

50 Kettlebell Swings

25 Pull Ups

Break 2-5 Minutes Between Rounds

Tsukasa Workout Routine: Primate Leg and Core Day

Warm Up:

High Incline Walk 10-15 Minutes

Compounds:

Back Squats

4×12, 10, 8, 5

Leg Press

4×10

Accessory Work:

Seated Calf Raises

3×10

Glute Bridges

3×10

Double Unders

3×20

Hamstring Kickbacks

3×10 each leg

Core Work:

Cable Crunches

3×20

Hanging Knee Raises with Twist

3×20

Tsukasa Workout Routine: Optional Additional Training Resources

Alternative HIIT Resources:

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

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 \(Workout Included\)](#)

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](#)