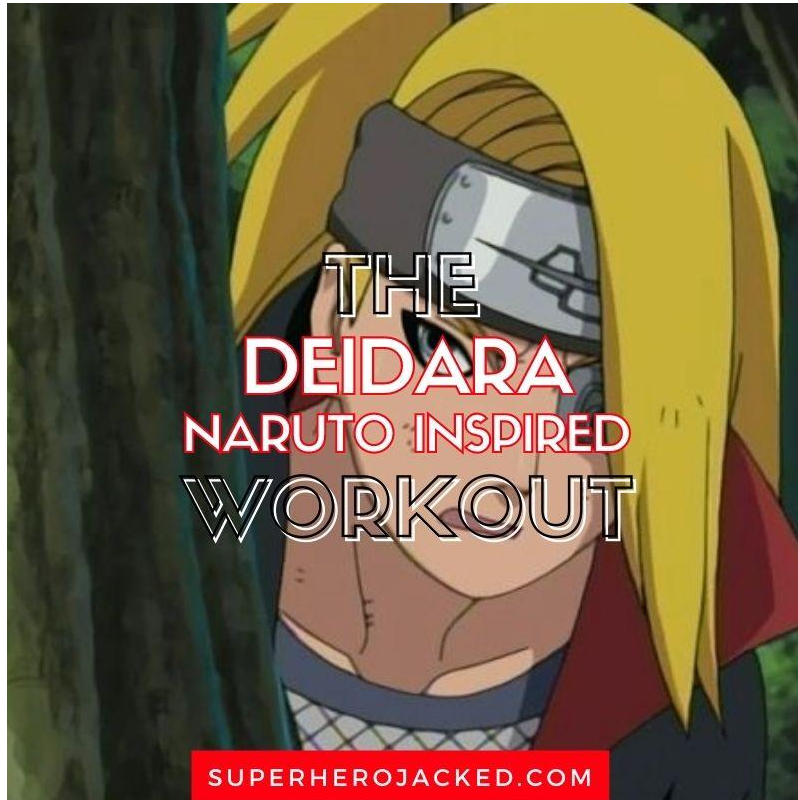


# DEIDARA WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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# DEIDARA WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

For this one we're going to work around 3 days of full body training with weights to build up speed and strength and then two days devoted to endurance training in between to also focus on Deidara's stamina.

## 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.

## Deidara Workout Routine: Sample Schedule

**Monday:** Explosion Corps. Full Body A

**Tuesday:** Ninja Villain Endurance or HIIT

**Wednesday:** Explosion Corps. Full Body B

**Thursday:** Ninja Villain Endurance or HIIT

**Friday:** Explosion Corps. Full Body C

**Saturday:** Optional Bonus Training Day

**Sunday:** Rest Day

## **Deidara Workout Routine: Explosion Corps. Full Body A**

### **Warm Up:**

10-15 Minute Incline Walk/Run

### **Workout:**

Incline Dumbbell Bench Press

4×15, 12, 10, 8

Seated Dumbbell Military Press

4×15, 12, 10, 8

Leg Press

4×15, 12, 10, 8

Wide Grip Cable Pulldowns

4×15, 12, 10, 8

Alternating DB Bicep Curls

3×10 each arm

Tricep Overhead Extensions (Cable or DB)

3×10

**Optional Core Work:**

Sit Ups

3×20

Lying Leg Raises

3×20

Planks

3×60 Seconds

**Deidara Workout Routine: Ninja Villain Endurance or HIIT**

**For your endurance or HIIT days you have quite a few options.**

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

*I'll break it down in that order:*

## **Option One – 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 \(Workout Included\)](#)

## **Option Two – Varied Cardio for 45-60 Minutes:**

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

## **Option Three – Complete HIIT Training Using SHJ Resources:**

- [The Best HIIT Workouts](#)

- [Jump Rope Workout Database](#)

## **Deidara Workout Routine: Explosion Corps. Full Body B**

### **Warm Up:**

10-15 Minute Incline Walk/Run

### **Workout:**

Cable Flys

4×15, 12, 10, 8

Dumbbell Lateral Raises

4×15, 12, 10, 8

Back Squat

4×15, 12, 10, 8

Cable Rows

4×15, 12, 10, 8

Preacher Curls

3×10

Cable Kickbacks

3×10

**Optional Core Work:**

V-Ups

3×20

Hanging Knee Raises

3×20

Side Planks

3×30 Seconds Each Side

**Deidara Workout Routine: Ninja Villain Endurance or HIIT**

**For your endurance or HIIT days you have quite a few options.**

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

*I'll break it down in that order:*

**Option One – 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 \(Workout Included\)](#)

**Option Two – Varied Cardio for 45-60 Minutes:**

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

**Option Three – Complete HIIT Training Using SHJ Resources:**

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

**Deidara Workout Routine: Explosion Corps. Full Body C**

## **Warm Up:**

10-15 Minute Incline Walk/Run

## **Workout:**

Weighted Dips

4×15, 12, 10, 8

Kettlebell Swings

4×15, 12, 10, 8

Bulgarian Split Squats

4×15, 12, 10, 8 each leg

Barbell Deadlifts

4×15, 12, 10, 8

High Cable Curls

3×10

Tricep Cable Pushdowns

3×10

## **Optional Core Work:**

Cable Crunches

3×20

Toes to Bar (Or Knee to Elbow)

3×20

L-Sit Hold

3×30 Seconds

## **Deidara 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](#)