

DENKI 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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DENKI WORKOUT ROUTINE

Training Volume:

3+ days per week

Explanation:

For this one you only have 3 days of mandatory training which we're going to call Entrance Exam Training that is calisthenics and circuit training and then 2 days that I recommend doing as well which will just be either long distance endurance work or HIIT options I provide.

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.

Denki Workout Routine: Sample Schedule

Monday: Entrance Exam Calisthenics and Mini Circuit A

Tuesday: Recommended Cardio or HIIT Training

Wednesday: Entrance Exam Big Calisthenics Circuit

Thursday: Recommended Cardio or HIIT Training

Friday: Entrance Exam Calisthenics and Mini Circuit B

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Denki Workout Routine: Entrance Exam Calisthenics and Mini Circuit A

Warm Up:

25 Jumping Jacks

25 Mountain Climbers

25 High Knees

Workout:

Jump Squats

3×25

Push Ups

3×20

Sit Ups

3×15

Dips

3×12

Chin Ups

3×10

Mini Circuit A: Complete 3 Rounds

Round One = 20 Reps – Round Two = 15 Reps – Round Three = 10 Reps

Box Jumps

Plank to Push Ups

Denki Workout Routine: Recommended Cardio or HIIT Training

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](#)

Denki Workout Routine: Entrance Exam Big Calisthenics Circuit

Warm Up:

20 Jumping Jacks

20 High Knees

20 Butt Kicks

Workout: Complete 4 Rounds

400M Run

30 Bicycle Crunches

20 Lunges

10 Clap Push Ups

Denki Workout Routine: Recommended Cardio or HIIT Training

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- Bike

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Denki Workout Routine: Entrance Exam Calisthenics and Mini Circuit B

Warm Up:

25 Jumping Jacks

25 Mountain Climbers

25 High Knees

Workout:

Wide to Close Air Squats

3×25

Wide to Close Push Ups

3×20

Lying Leg Raises with Hip Thrust

3×15

Tricep Extensions (Calisthenics)

3×12

Pull Ups

3×10

Mini Circuit B: Complete 3 Rounds

Round One = 20 Reps – Round Two = 15 Reps – Round Three = 10 Reps

Burpees

Inch Worms

Denki Workout Routine: Bonus 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](#)