

GYOMEI HIMEJIMA 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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GYOMEI HIMEJIMA WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be training with four days devoted to weight training and strength with two of the days adding in endurance work and two of the days adding in endurance work.

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.

Gyomei Himejima Workout Routine: Sample Schedule

Monday: Stone Hashira Chest, Triceps and Endurance Work

Tuesday: Stone Hashira Legs, Calves and HIIT Circuit

Wednesday: Demon Slayer Corps Endurance Training

Thursday: Stone Hashira Shoulders, Traps and HIIT Circuit

Friday: Stone Hashira Back, Biceps and Endurance Work

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Gyomei Himejima Workout Routine: Stone Hashira Chest, Triceps and Endurance Work

Warm Up:

5-10 Minute Incline Warm Up Walk

Workout:

Bench Press

5×15, 12, 10, 8, 5

Tricep Cable Pushdowns

3×12, 10, 8

Incline Dumbbell Bench Press

3×12, 10, 8

Incline Dumbbell Chest Flyes

3×10

Superset A:

A. Tricep Overhead Extensions on Cable

3×10

B. Tricep Cable Kickbacks

3×10

Superset B:

A. Decline Chest Press

3×10

B. Dips (or Weighted Dips)

3xFailure

Endurance Work Finisher:

Complete 15-30 Minutes of Endurance Training

This can be 15-30 Minutes of:

- Running
- Rowing
- Swimming
- Biking

Gyomei Himejima Workout Routine: Stone Hashira Legs, Calves and HIIT Circuit

Warm Up:

5-10 Minute Incline Warm Up Walk

Workout:

Back Squat

5×15, 12, 10, 8, 5

Leg Press

3×12, 10, 8

Seated Calf Raises

3×10

Hamstring Curls

3×12, 10, 8

Quad Extensions

3×10

Final HIIT Circuit: Complete 3 Rounds

20 Goblet Squats with a KB

15 Cable Pullthroughs

20 Sit Ups

15 Kettlebell Swings

20 Weighted Lunges

1-2 Minute Rest

Gyomei Himejima Workout Routine: Demon Slayer Corps Endurance 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](#)

Gyomei Himejima Workout Routine: Stone Hashira Shoulders, Traps and Endurance Work

Warm Up:

5-10 Minute Incline Warm Up Walk

Workout:

Overhead Shoulder Press

5×15, 12, 10, 8, 5

Hang Curls

3×12, 10, 8

Lateral Raises

3×12, 10, 8

Upright Rows

3×10

Superset A:

A. Wide Grip Barbell Shrugs

3×10

B. Close Grip Barbell Shrugs

3×10

Superset B:

A. Kettlebell Swings

3×10

B. Alternating Single Arm DB Front Raises

3xFailure

Endurance Work Finisher:

Complete 15-30 Minutes of Endurance Training

This can be 15-30 Minutes of:

- Running
- Rowing
- Swimming
- Biking

Gyomei Himejima Workout Routine: Stone Hashira Back, Biceps and HIIT Circuit

Warm Up:

5-10 Minute Incline Warm Up Walk

Workout:

Deadlift

5×15, 12, 10, 8, 5

Bent Over Rows

3×12, 10, 8

Wide Grip Cable Pulldowns

3×10

Preacher Curls

3×12, 10, 8

Cable Hammer Curls

3×10

Final HIIT Circuit: Complete 3 Rounds

30 Wide to Close Push Ups

25 Second Superman Hold

20 Kettlebell Deadlifts

15 Second L-Sit

10 Chin Ups

Gyomei Himejima 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](#)