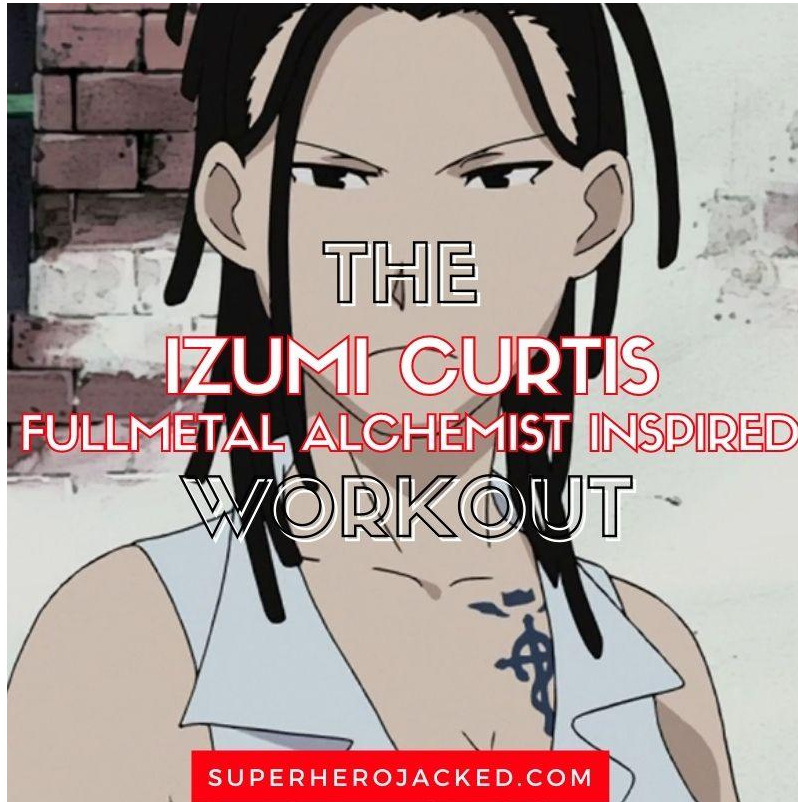


IZUMI CURTIS WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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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IZUMI CURTIS WORKOUT ROUTINE

Training Volume:

4-5+ days per week

Explanation:

For this one we're going to be utilizing calisthenics training and some mixed martial arts training within, but it'll really be your job to also tack on mixed martial arts coaching if you'd like to take it to the level of Izumi Curtis. We'll have three days following a specific structure of endurance work, calisthenics and short intensity circuit, a day of a long endurance circuit and another day devoted to endurance work or parkour unless you can get to an MMA gym for a day or two in which case you can sub it.

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.

Izumi Curtis Workout Routine: Sample Schedule

Monday: Master Combatant Calisthenics Circuit and Cooldown A

Tuesday: Master Alchemist Endurance Circuit

Wednesday: Master Combatant Calisthenics and HIIT B

Thursday: Long Endurance Training or Sub Parkour/MMA Training

Friday: Master Combatant Calisthenics and HIIT C

Saturday: Optional Additional Training with Resources or Sub MMA Training

Sunday: Rest Day

Izumi Curtis Workout Routine: Master Combatant Calisthenics Circuit and Cooldown A

Cardio:

30 Minute Jog

Calisthenics Circuit: Complete 3-5 Rounds

50 Jump Rope Skips

25 Air Squats

50 Jump Rope Skips

20 Push Ups

50 Jump Rope Skips

15 Sit Ups

50 Jump Rope Skips

10 Dips

50 Jump Rope Skips

8 Pull Ups

Cooldown:

5-15 Minutes of Shadowboxing

5-15 Minutes of Meditation

Izumi Curtis Workout Routine: Master Alchemist Endurance Circuit

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kicks

Circuit: Complete 2 Rounds

800M Run

50 Glute Bridges

50 Pike Push Ups

50 Sit Ups with Twist

50 Second Hollow Hold

50 Planking Shoulder Taps

Rest 2-3 Minutes

Izumi Curtis Workout Routine: Master Combatant Calisthenics Circuit and Cooldown B

Cardio:

30 Minute Jog

Calisthenics Circuit: Complete 3-5 Rounds

50 Jump Rope Skips

25 Decline Push Ups

50 Jump Rope Skips

20 Jumping Lunges

50 Jump Rope Skips

15 V-Ups

50 Jump Rope Skips

10 Tricep Extensions (Calisthenics)

50 Jump Rope Skips

8 Chin Ups

Cooldown:

5-15 Minutes of Shadowboxing

5-15 Minutes of Meditation

Izumi Curtis Workout Routine: Long Endurance Training or Sub Parkour/MMA Training

This can be subbed for in-gym training for mixed martial arts, or even parkour training.

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 \(Workout Included\)](#)

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

I personally recommend The Nightrunner Workout if you're going to be subbing for endurance work here.

Izumi Curtis Workout Routine: Master Combatant Calisthenics Circuit and Cooldown C

Cardio:

30 Minute Jog

Calisthenics Circuit: Complete 3-5 Rounds

50 Jump Rope Skips

25 Glute Bridges

50 Jump Rope Skips

20 Close to Wide Push Ups

50 Jump Rope Skips

15 Lying Leg Raises

50 Jump Rope Skips

10 Plank to Push Ups

50 Jump Rope Skips

8 Wide Pull Ups

Cooldown:

5-15 Minutes of Shadowboxing

5-15 Minutes of Meditation

Izumi Curtis Workout Routine: Optional Additional Training Resources

HIIT Training Resources:

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

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](#)