

SHISUI UCHIHA 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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SHISUI UCHIHA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going with a week similar to The Assassin Calisthenics 90 Day System that I made mention to above and we're going to have three days of intense calisthenics training and then one day devoted to Endurance or HIIT with the final day being a Shisui Uchiha big circuit challenge!

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.

Shisui Uchiha Workout Routine: Sample Schedule

Monday: Body Flicker Calisthenics A

Tuesday: Uchiha Endurance Training

Wednesday: Body Flicker Calisthenics B

Thursday: Shisui Big Circuit Challenge

Friday: Body Flicker Calisthenics C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Shisui Uchiha Workout Routine: Body Flicker Calisthenics A

Warm Up:

400-800M Jog

Workout:

This can also be done as a three round giant set or circuit.

Air Squats

3×30

Push Ups

3×25

Lying Leg Raises

3×20

Sit Ups

3×15

Dips

3×10

Pull Ups

3×8

Shisui Uchiha Workout Routine: Uchiha 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](#)

Shisui Uchiha Workout Routine: Body Flicker Calisthenics B

Warm Up:

400-800M Jog

Workout:

This can also be done as a three round giant set or circuit.

Lunges

3×30

Wide to Close Push Ups

3×25

Hanging Knee Raises with Twist

3×20

Sit Ups with Twist

3×20

Plank to Push Ups

3×10

Wide Grip Pull Ups

3×8

Shisui Uchiha Workout Routine: Shisui Big Circuit Challenge

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Shisui Circuit:

Run 1 Mile

Complete 5 Rounds:

20 Push Ups

15 Double Unders

12 Dips

10 Sit Ups

8 Pull Ups

Shisui Uchiha Workout Routine: Body Flicker Calisthenics C

Warm Up:

400-800M Jog

Workout:

This can also be done as a three round giant set or circuit.

Glute Bridges

3×30

Decline Push Ups

3×25

Toes to Bar (or Knees to Elbow)

3×20

Flutter Kicks

3×50

Tricep Extensions

3×10

Chin Ups

3×8

Shisui Uchiha 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](#)