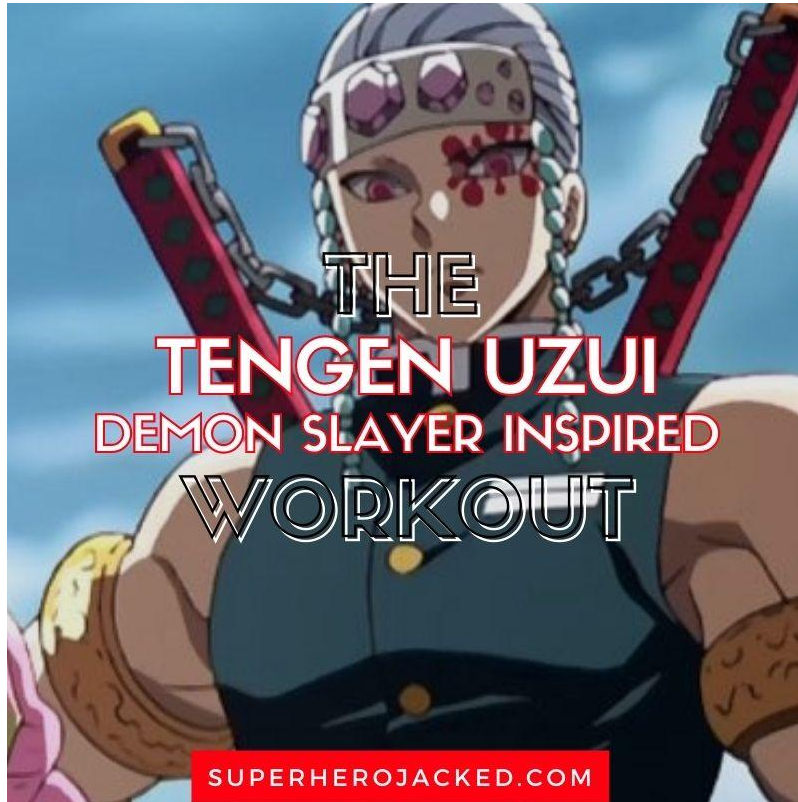


# TENGAN UZUI WORKOUT ROUTINE



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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# TENGAN UZUI WORKOUT ROUTINE

## Training Volume:

3-5+ days per week

## Explanation:

While we used 4 days of dedicated strength training for Gyomei and then fit in endurance work and circuits within, for Tengen we will use a 3 day split and then use circuits with more weight and core training to build up on the endurance while adding intensity work and additional strength 2 additional days per week. They CAN be taken out if needed, but I recommend running this one 5 days per week.

## 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.

## Tengen Uzui Workout Routine: Sample Schedule

**Monday:** Sound Hashira Legs and Core

**Tuesday:** Demon Slayer Corps Circuit A

**Wednesday:** Sound Hashira Push Day

**Thursday:** Demon Slayer Corps Circuit B

**Friday:** Sound Hashira Pull and Core

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Tengen Uzui Workout Routine: Sound Hashira Legs and Core**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Back Squats

4×10

Leg Press

3×12, 10, 8

Bulgarian Split Squats

3×10 each leg

Cable Crunches

3×20

Cable Pullthroughs

3×15

Hanging Leg Raises

3×20

## **Tengen Uzui Workout Routine: Demon Slayer Corps Circuit A**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

25 Butt Kicks

### **Workout: Complete 2 Rounds**

50 Mountain Climbers

40 Double Unders

30 Push Ups

20 Kettlebell Swings

10 Clean and Press

## **Tengen Uzui Workout Routine: Sound Hashira Push Day**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Bench Press

4×10

Seated Arnold Press

3×12, 10, 8

Tricep Cable Kickbacks

3×10 each arm

Hang Cleans

3×10

Weighted Dips

3×10

Close to Wide Push Ups

3×30

## **Tengen Uzui Workout Routine: Demon Slayer Corps Circuit A**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

25 Butt Kicks

### **Workout: Complete 5 Rounds**

800-meter run

15 cleans (95lbs)

10 bench press (205 lbs)

5 box jumps (30" box)

## **Tengen Uzui Workout Routine: Sound Hashira Pull and Core**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Deadlifts

4×10

Preacher Curls

3×12, 10, 8

Cable Back Flys

3×10

Chin Ups

3×10

Sit Ups

3×20

Superset:

A. Lying Leg Raises

3×20

B. Flutter Kicks

3×Failure

**Tengen Uzui Workout Routine: Optional Additional Training Resources**



### **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 \(Workout Included\)](#)

### **HIIT Training Resources:**

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

### **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](#)