

SAKONJI UROKODAKI 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.

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SAKONJI UROKODAKI WORKOUT ROUTINE

Training Volume:

4-6+ days per week

Explanation:

For this one we're going to be training with 4 days of strength and speed and 1-2 days of endurance work. If you want to train to become an extremely powerful Water Hashira you'll want to take on all of this training, but it is also a ton of volume and scaling can be done by cutting the endurance requirements.

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.

Sakonji Urokodaki Workout Routine: Sample Schedule

Monday: Water Breathing Cultivator Chest, Triceps and Circuit

Tuesday: Water Breathing Cultivator Legs, Calves, Core and Circuit

Wednesday: Demon Slayer Endurance or Rest Day

Thursday: Water Breathing Cultivator Shoulders, Traps, Core and Circuit

Friday: Water Breathing Cultivator Back, Biceps and Circuit

Saturday: Demon Slayer Endurance or Rest Day

Sunday: Rest Day

Sakonji Urokodaki Workout Routine: Water Breathing Cultivator Chest, Triceps and Circuit

Warm Up:

5-10 Minute Incline Walk

Workout:

Incline Dumbbell Bench Press

4×15, 12, 10, 8

Overhead Tricep Extension

3×12, 10, 8

Chest Flys

3×10

Cable Tricep Pushdowns

3×10

Hammer Strength Press

3×10

Mini Circuit: Complete 3 Rounds

30 Double Unders

25 Sit Ups

20 Push Ups

15 Dips

10 Plank to Push Ups

**Sakonji Urokodaki Workout Routine: Water Breathing
Cultivator Legs, Calves, Core and Circuit**

Warm Up:

5-10 Minute Incline Walk

Workout:

Back Squats

4×15, 12, 10, 8

Seated Calf Raises

3×12, 10, 8

Hamstring Kickbacks

3×10 each leg

Quad Extensions

3×10

Cable Crunches

3×25

Mini Circuit: Complete 3 Rounds

15 Box Jumps

10 Goblet Squats

15 Half Burpees

10 Goblet Lunges (each leg)

15 Lying Leg Raises

Sakonji Urokodaki Workout Routine: Demon Slayer Endurance Work

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](#)

Sakonji Urokodaki Workout Routine: Water Breathing Cultivator Shoulders, Traps, Core and Circuit

Warm Up:

5-10 Minute Incline Walk

Workout:

Overhead Press

4×15, 12, 10, 8

Hang Cleans

3×12, 10, 8

Barbell Shrugs

3×10

Upright Rows

3×10

Hanging Leg Raises

3×25

Mini Circuit: Complete 3 Rounds

25 Kettlebell Swings

20 Push Ups

15 Inch Worms

10 Sit Ups

5 Half Burpees

**Sakonji Urokodaki Workout Routine: Water Breathing
Cultivator Back, Biceps and Circuit**

Warm Up:

5-10 Minute Incline Walk

Workout:

Deadlift

4×15, 12, 10, 8

Bent Over Barbell Rows

3×12, 10, 8

Wide Grip Cable Pulldowns

3×10

Close Grip Cable Rows

3×10

Preacher Curls

3×12

Mini Circuit: Complete 3 Rounds

10 Curl to Press

20 Wide to Close Push Ups

30 Second Superman Hold

20 V-Ups

10 Chin Ups

Sakonji Urokodaki 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](#)