

# TOJI FUSHIGURO WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# TOJI FUSHIGURO WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

We're going to be training with 4 days that revolve around our compound lifts, giant sets, and then a circuit finishing blowout to put that speed and strength to the test. I'll also include resources for you to utilize if you want to step it up a notch, but the lifting and programming for this one will be intense enough to where I recommend utilizing your off days to rest and recover.

## 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.

## Toji Fushiguro Workout Routine: Sample Schedule

**Monday:** Non-Curse User Chest, Triceps and Circuit

**Tuesday:** Non-Curse User Legs, Calves and Circuit

**Wednesday:** Active Rest or Circuit Training/Endurance Work

**Thursday:** Non-Curse User Shoulders, Traps and Circuit

**Friday:** Non-Curse User Back, Biceps and Circuit

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Toji Fushiguro Workout Routine: Non-Curse User Chest, Triceps and Circuit**

### **Compound Lift:**

Flat Bench Press

4×12, 10, 8, 5

### **Giant Set One:**

A. Incline Dumbbell Bench Press

3×10

B. Incline Dumbbell Flys

3×10

C. Incline Dumbbell Hex Press

3×10

D. Close to Wide Push Ups

3×20

### **Giant Set Two:**

A. Tricep Cable Pushdowns with Rope

3×10

B. Tricep Cable Overhead Extensions with Rope

3×10

B. Tricep Cable Kickbacks

3×10 each arm

D. Dips

3×12

**Circuit Blowout: Complete 3 Rounds**

20 Decline Push Ups

15 Box Jumps

10 Kettlebell Swings

## **Toji Fushiguro Workout Routine: Non-Curse User Legs, Calves and Circuit**

**Compound Lift:**

Back Squats

4×12, 10, 8, 5

**Giant Set One:**

A. Goblet Squats

3×10

B. Weighted Lunges

3×10 each leg

C. Weighted Glute Bridges

3×10

D. Alternating Pistol Squats

3×10 each leg

**Giant Set Two:**

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

B. Double Unders

3×20

D. Standing Weighted Calf Raises

3×Failure

**Circuit Blowout: Complete 3 Rounds**

20 Box Jumps

15 Kettlebell Deadlifts

10 Half Burpees

## **Toji Fushiguro Workout Routine: Non-Curse User Shoulders, Traps and Circuit**

### **Compound Lift:**

Overhead Press

4×12, 10, 8, 5

### **Giant Set One:**

A. Seated Arnold Press

3×10

B. Upright DB Rows

3×10

C. Standing DB Front Raises

3×10

D. Push Ups

3×20

### **Giant Set Two:**

A. Power Cleans

3×5

B. Wide Grip Barbell Shrugs

3×12

B. Close Grip Dumbbell Shrugs

3×15

D. Lateral Raises

3×12

**Circuit Blowout: Complete 3 Rounds**

20 Double Unders

15 Kettlebell Swings

10 Handstand Push Ups

## **Toji Fushiguro Workout Routine: Non-Curse User Back, Biceps and Circuit**

**Compound Lift:**

Deadlift

4×12, 10, 8, 5

**Giant Set One:**



A. Bent Over Barbell Rows

3×10

B. Wide Grip Pulldowns

3×10

C. Straight Arm Cable Pulldowns

3×10

D. Wide Grip Pull Ups

3×10

**Giant Set Two:**

A. Alternating Bicep Curls

3×10 each arm

B. Alternating Hammer Curls

3×10 each arm

B. High Cable Curls

3×10

D. Chin Ups

3×10

**Circuit Blowout: Complete 3 Rounds**

20 Kettlebell Clean, Squat and Press

15 Inch Worm to Push Ups

10 Wall Climbs

## **Toji Fushiguro Workout Routine: Optional Additional Training Resources**

### **Endurance Training 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 Train After Your First 5K \(Workout Included\)](#)

### **HIIT Resources:**

- [The Best HIIT Workouts to Add to your Workout](#)
- [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](#)

### **MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)

- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)