

# TOSHIRO HITSUGAYA WORKOUT ROUTINE



Bonus PDF File  
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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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# TOSHIRA HITSUGAYA WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

The three days of calisthenics circuits can be broken down into circuits, individual exercises that can be scaled limitless ways, tri-sets, giant sets, or even supersets. The other two days a week will be revolving around endurance work that can be scaled how you'd prefer, although I do recommend running or adding in some MMA or Parkour!

## 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.

## Toshiro Hitsugaya Workout Routine: Sample Schedule

**Monday:** 10th Division Calisthenics Training Alpha

**Tuesday:** Child Prodigy Endurance Work

**Wednesday:** 10th Division Calisthenics Training Bravo

**Thursday:** Child Prodigy Endurance Work

**Friday:** 10th Division Calisthenics Training Charlie

**Saturday:** Optional Additional Training (With Resources)

**Sunday:** Rest Day

## **Toshiro Hitsugaya Workout Routine: 10th Division Calisthenics Training Alpha**

**Warm Up:**

10 Minute Walk

**Workout: Complete 3-5 Rounds (or Sets)**

50 Jump Rope

30 Air Squats

50 Jump Rope

25 Push Ups

50 Jump Rope

20 Sit Ups

50 Jump Rope

15 Dips

50 Jump Rope

10 Pull Ups

## **Toshiro Hitsugaya Workout Routine: Child Prodigy 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](#)

## **Toshiro Hitsugaya Workout Routine: 10th Division Calisthenics Training Bravo**

### **Warm Up:**

10 Minute Walk

**Workout: Complete 3-5 Rounds (or Sets)**

50 Jump Rope

30 Glute Bridges

50 Jump Rope

25 Diamond Push Ups

50 Jump Rope

20 Hanging Leg Raises

50 Jump Rope

15 Skull Crushers

50 Jump Rope

10 Chin Ups

## **Toshiro Hitsugaya Workout Routine: Child Prodigy Endurance Work**

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- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

## **Option Three – Complete HIIT Training Using SHJ Resources:**

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- [Jump Rope Workout Database](#)

## **Toshiro Hitsugaya Workout Routine: 10th Division Calisthenics Training Charlie**

### **Warm Up:**

10 Minute Walk

### **Workout: Complete 3-5 Rounds (or Sets)**

50 Jump Rope

30 Lunges

50 Jump Rope

25 Decline Push Ups

50 Jump Rope

20 V-Ups

50 Jump Rope

15 Plank to Push Ups

50 Jump Rope

10 Wide Pull Ups

# Toshiro Hitsugaya 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](#)