

# DOPPO OROCHI WORKOUT ROUTINE



Bonus PDF File  
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# DOPPO OROCHI WORKOUT ROUTINE

## Training Volume:

5-6 days per week

## Explanation:

To unleash our inner Doppo Orochi and find his strength, speed and endurance we're going to be training with 4 days of weights and sprints using an upper and lower body split and then tacking on extra endurance work 1-2 times a week as well. I also included bonus MMA and Parkour training resources as well for those of you who are really ready to step it up a notch!

## 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.

## Doppo Orochi Workout Routine: Sample Schedule

**Monday:** Dan Karate Upper Body and HIIT Sprints A

**Tuesday:** Dan Karate Lower Body and HIIT Sprints A

**Wednesday:** Doppo Endurance or HIIT

**Thursday:** Dan Karate Lower Body and HIIT Sprints B

**Friday:** Dan Karate Upper Body and HIIT Sprints B

**Saturday:** Doppo Endurance or HIIT

**Sunday:** Rest Day

## **Doppo Orochi Workout Routine: Dan Karate Upper Body and HIIT Sprints A**

### **Warm Up:**

Walk 5-10 Minutes

### **Workout:**

Bench Press

3×12, 10, 8

Barbell Row

3×12, 10, 8

Seated Overhead DB Press

3×12, 10, 8

Pec Dec

2×15

V-Bar Lateral Pulldowns

2×15

Lateral Raises

2×15

Overhead Tricep Extensions

3×12, 10, 8

Cable Curls

3×12, 10, 8

**HIIT Sprint Formations: Complete 20-30 Minutes**

**Variation A: 60 Seconds ON, 60 Seconds OFF**

- Sprint 60 Seconds at 7-10+ MPH
- Walk 60 Seconds at 2.5-3.5 MPH

**Variation B: 90 Seconds ON, 30 Seconds OFF**

- Sprint 90 Seconds 7-10+ MPH
- Walk 30 Seconds 2-3.5 MPH

## **Doppo Orochi Workout Routine: Dan Karate Lower Body and HIIT Sprints A**

### **Warm Up:**

Walk 5-10 Minutes

### **Workout:**

Back Squats

3×12, 10, 8

Straight Leg Deadlifts

3×12, 10, 8

Standing Calf Raises

3×15

Hamstring Curls

2×15

Seated Calf Raises

2×20

Cable Crunches

3×15

Cable Pull Through w/ Rope

3×12, 10, 8

Hanging Leg Raises

3×15

**HIIT Sprint Formations: Complete 20-30 Minutes**

**Variation A: 60 Seconds ON, 60 Seconds OFF**

- Sprint 60 Seconds at 7-10+ MPH
- Walk 60 Seconds at 2.5-3.5 MPH

**Variation B: 90 Seconds ON, 30 Seconds OFF**

- Sprint 90 Seconds 7-10+ MPH
- Walk 30 Seconds 2-3.5 MPH

**Doppo Orochi Workout Routine: Doppo Endurance or HIIT**

**For your endurance, HIIT or MMA/Parkour 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](#)

## **Doppo Orochi Workout Routine: Dan Karate Upper Body and HIIT Sprints B**

### **Warm Up:**

Walk 5-10 Minutes

### **Workout:**

Incline Dumbbell Bench Press

3×12, 10, 8

Deadlifts

3×8, 5, 3

Military Press

3×12, 10, 8

Hammer Strength Decline Press

2×15

Pull Ups

3×10

Hang Cleans

3×5

Dumbbell Curls

3×10, 8, 6 each arm

Machine Tricep Dips

3×12, 10, 8

**HIIT Sprint Formations: Complete 20-30 Minutes**

**Variation A: 60 Seconds ON, 60 Seconds OFF**

- Sprint 60 Seconds at 7-10+ MPH
- Walk 60 Seconds at 2.5-3.5 MPH

**Variation B: 90 Seconds ON, 30 Seconds OFF**

- Sprint 90 Seconds 7-10+ MPH

- Walk 30 Seconds 2-3.5 MPH

## **Doppo Orochi Workout Routine: Dan Karate Lower Body and HIIT Sprints B**

### **Warm Up:**

Walk 5-10 Minutes

### **Workout:**

Leg Press

3×12, 10, 8

Leg Press Calf Raises

3×12, 10, 8

Straight Leg Deadlifts

3×12, 10, 8

Hack Squats

2×15

Hamstring Kickbacks

2×15 each leg

Seated Calf Raises

2×15

Planks

3×60 seconds

Hyperextension

3×12, 10, 8

### **HIIT Sprint Formations: Complete 20-30 Minutes**

#### **Variation A: 60 Seconds ON, 60 Seconds OFF**

- Sprint 60 Seconds at 7-10+ MPH
- Walk 60 Seconds at 2.5-3.5 MPH

#### **Variation B: 90 Seconds ON, 30 Seconds OFF**

- Sprint 90 Seconds 7-10+ MPH
- Walk 30 Seconds 2-3.5 MPH

## **Doppo Orochi 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](#)