

MUSASHI MIYAMOTO 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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MUSASHI MIYAMOTO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with 3 full body training days per week and then 2 days devoted to high intensity full body circuit workouts that will combine calisthenics, weights and endurance work.

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.

Musashi Miyamoto Workout Routine: Sample Schedule

Monday: Swordsman Leg Day

Tuesday: Samurai Endurance Training Circuit

Wednesday: Swordsman Push Day

Thursday: Body Control HIIT Training

Friday: Swordsman Pull Day

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Musashi Miyamoto Workout Routine: Swordsman Leg Day

Warm Up:

- 5 Minute Warm Up Walk
- 10 Minute Jog
- 5 Minute Cooldown Walk

Workout:

Quad-Set A:

A. Goblet Squats

3×12

B. Weighted Lunges

3×10 each leg

C. Cable Pullthroughs

3×12

D. Box Jumps

3×Failure

Quad Set B:

A. Leg Press

3×12

B. Calf Raises on Leg Press Machine

3×12

C. Hamstring Kickbacks or Curls

3×12 each leg

D. Quad Extensions

3×Failure

Tri-Set A:

A. Cable Crunches

3×20

B. Hanging Knee Raises

3×20

C. Hollow Holds

3×30 seconds

Musashi Miyamoto Workout Routine: Samurai Endurance Training Circuit

Warm Up:

25 High Knees

25 Jumping Jacks

Workout: Complete 4 Rounds

400M Jog

25 Sumo Deadlift High Pulls

15 Thrusters

5 Wall Climbs

Musashi Miyamoto Workout Routine: Swordsman Push Day

Warm Up:

- 5 Minute Warm Up Walk
- 10 Minute Jog

- 5 Minute Cooldown Walk

Workout:

Quad-Set A:

A. Incline Dumbbell Bench Press

3×12

B. Incline Dumbbell Chest Flyes

3×12

C. Incline Dumbbell Hex Press

3×12

D. Diamond Push Ups

3xFailure

Quad Set B:

A. Overhead Press

3×12

B. Hang Cleans

3×12

C. Upright Rows

3×12

D. Barbell Shrugs

3×Failure

Tri-Set A:

A. Tricep Overhead Cable Extension

3×12

B. Tricep Cable Pushdowns

3×12

C. Tricep Cable Kickbacks

3×12 each arm

**Musashi Miyamoto Workout Routine: Body Control
Calisthenics HIIT Training**

Warm Up:

25 High Knees

25 Jumping Jacks

Workout: Complete 2 Rounds

1 Mile Run

100 Air Squats

75 Push Ups

50 Sit Ups

30 Dips

25 Pull Ups

Musashi Miyamoto Workout Routine: Swordsman Pull Day

Warm Up:

- 5 Minute Warm Up Walk
- 10 Minute Jog
- 5 Minute Cooldown Walk

Workout:

Quad-Set A:

A. Deadlifts

3×12

B. Wide Grip Cable Pulldowns

3×12

C. Straight Arm Pulldowns

3×12

D. Chin Ups

3xFailure

Quad Set B:

A. Bent Over Barbell Rows

3×12

B. Standing Cable Curls

3×12

C. Reverse Cable Extensions

3×12

D. Cable High Curls

3xFailure

Tri-Set A:

A. Sit Ups

3×20

B. Lying Leg Raises

3×20

C. Superman Hold

3×30 seconds

Musashi Miyamoto 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](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)