

URYU ISHIDA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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.

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URYU ISHIDA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to be training with 3 days of calisthenics that will really break it down with endurance work and some intensity circuits. We'll also have 2 days a week that you can decide to tack on some more endurance or circuit training OR shoot for MMA or Parkour instead.

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.

Uryu Ishida Workout Routine: Sample Schedule

Monday: Bowman Calisthenics A

Tuesday: Endurance, Parkour or MMA Training

Wednesday: Bowman Calisthenics B

Thursday: Endurance, Parkour or MMA Training

Friday: Bowman Calisthenics C

Saturday: Demon Slayer Endurance or Rest Day

Sunday: Rest Day

Uryu Ishida Workout Routine: Bowman Calisthenics A

Workout:

1 Mile Run

Circuit A: Complete 3 Rounds

20 Push Ups

20 Sit Ups

20 Box Jumps

Circuit B: 20-15-10

(Round One = 20 Reps, Round Two = 15 Reps, Round Three = 10 reps)

Half Burpees

Plank to Push Ups

Circuit C: 10 Minute EMOM (Every Minute On The Minute)

10 Double Unders

5 Pull Ups

Uryu Ishida Workout Routine: Endurance, Parkour or MMA Training

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](#)

Option Four: Parkour Training

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Option Five: MMA Training

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

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)

Uryu Ishida Workout Routine: Bowman Calisthenics B

Workout:

1 Mile Run

Circuit A: Complete 2 Rounds

30 Decline Push Ups

10 Jumping Lunges

30 Second L-Sit Hold

10 Air Squats

30 Bicycle Crunches

Circuit B: 20-15-10

(Round One = 20 Reps, Round Two = 15 Reps, Round Three = 10 reps)

Pull Ups

Half Burpees

Circuit C: 10 Minute EMOM (Every Minute On The Minute)

5 Wall Climbs

Plank Hold During Break Until 10 Second Break

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- [Sagat Workout Routine](#)

Uryu Ishida Workout Routine: Bowman Calisthenics C

Workout:

1 Mile Run

Circuit A: Complete 5 Rounds

5 Close Push Ups

10 Jumping Jacks

5 Push Ups

10 Jumping Jacks

5 Wide Push Ups

10 Jumping Jacks

5 Clap Push Ups

Circuit B: 20-15-10

(Round One = 20 Reps, Round Two = 15 Reps, Round Three = 10 reps)

Pistol Squats

Sit Ups

Circuit C: Complete 30 Seconds Each Movement

Side Plank Left

V-Ups

Hollow Hold

Crunches

Side Plank Right

Lying Leg Raises

Superman Hold

Russian Twists