

YOMA HASHIMOTO 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.

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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YOMA HASHIMOTO WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

The basis of our training is going to be our PPL (Push, Pull, Legs) Split for weight training and then we're also going to have a day devoted to circuit training and a day devoted to endurance work. I'll also be providing you with some additional optional resources to tack on top of your training.

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.

Yoma Hashimoto Workout Routine: Sample Schedule

Monday: Hermes Avatar Push Day

Tuesday: Gods of Athletes Circuit Test

Wednesday: Hermes Avatar Pull Day

Thursday: God-Like Endurance Work

Friday: Hermes Avatar Leg Day

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Yoma Hashimoto Workout Routine: Hermes Avatar Push Day

Warm Up:

5-15 Minute Walk

Workout:

Bench Press

4×12, 10, 8, 3

Close Grip Bench Press

3×12, 10, 8

Arnold Press

3×10

Cable Chest Flys

3×10

Hang Cleans

3×10

Dips

3xFailure

Core:

Sit Ups

3x20

Hanging Knee Raises

3x20

Plank Hold

3x60 Seconds

Yoma Hashimoto Workout Routine: Gods of Athletes Circuit Test

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 2 Rounds

Run 800M

30 Air Squats

25 Push Ups

20 Sit Ups

15 Dips

10 Pull Ups

Alternative HIIT Training Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Benchmark Workouts](#)

Yoma Hashimoto Workout Routine: Hermes Avatar Pull Day

Warm Up:

5-15 Minute Walk

Workout:

Deadlift

4×12, 10, 8, 3

Wide Grip Cable Rows

3×12, 10, 8

Cable Curls

3×10

Cable Rope Hammer Curls

3×10

Hammer Strength Pulldowns

3×10

Chin Ups

3×Failure

Core:

Cable Crunches

3×20

Toes to Bar

3×20

L-Sit Hold

3×30 Seconds

Yoma Hashimoto Workout Routine: God-Like Endurance Work

Complete your Endurance Training based on your Overall Fitness Level:

Beginner: Run 1-3 Miles

Intermediate: Run 3-5 Miles

Advanced: Run 5+ Miles

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 \(Workout Included\)](#)

Yoma Hashimoto Workout Routine: Hermes Avatar Push Day

Warm Up:

5-15 Minute Walk

Workout:

Back Squats

4×12, 10, 8, 3

Leg Press

3×12, 10, 8

Double Unders

3×20

Hamstring Curls

3×10

Hack Squats (or Front Squats)

3×10

Weighted Lunges

3×8-12 each leg

Core:

V-Ups

3×20

Lying Leg Raises with Hip Thrust

3×20

Hollow Hold

3×30 Seconds

Yoma Hashimoto Workout Routine: HIIT or Optional Additional 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](#)