

# YUNO WORKOUT ROUTINE



Bonus PDF File  
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# YUNO WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

Yuno is extremely powerful and overwhelms his opponents, but also can continue pushing for what feels like forever. For that reason we'll be training around his power level with 3 days of calisthenics a week, but then a day completely devoted to endurance work, and another that is built around being a Golden Dawn calisthenics circuit test.

## 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.

## Yuno Workout Routine: Sample Schedule

**Monday:** Wind Magic Calisthenics A

**Tuesday:** Golden Dawn Calisthenics Test

**Wednesday:** Wind Magic Calisthenics B

**Thursday:** Magic Endurance Training or HIIT

**Friday:** Wind Magic Calisthenics C

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Yuno Workout Routine: Wind Magic Calisthenics A**

### **Warm Up:**

800M Run with Guild Members

### **Workout:**

Superset One:

A. Push Ups

3×30

B. Mountain Climbers

3×30

Superset Two:

A. Air Squats

3×20

B. Hollow Hold

3×30 seconds

Superset Three:

A. Dips

3×15

B. Planking Shoulder Taps

3×20

Superset Four:

A. Pull Ups

3×10

B. Wide Push Ups

3xFailure

## **Yuno Workout Routine: Golden Dawn Calisthenics Test**

**Warm Up:**

25 Jumping Jacks

25 High Knees

**Workout: Complete 2 Rounds**

Run 1 Mile

50 Push Ups

40 Air Squats

30 Sit Ups

20 Dips

15 Pull Ups

**Yuno Workout Routine: Wind Magic Calisthenics B**

**Warm Up:**

800M Run with Guild Members

**Workout:**

Superset One:

A. Decline Push Ups

3×30

B. Half Burpees

3×15

Superset Two:

A. Goblet Squats

3×20

B. Superman Hold

3×30 seconds

Superset Three:

A. Plank to Push Ups

3×15

B. Plank Holds

3×60 seconds

Superset Four:

A. Chin Ups

3×10

B. Hanging Leg Raises

3×20

## **Yuno Workout Routine: Magic Endurance Training 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](#)

## **Yuno Workout Routine: Wind Magic Calisthenics C**

### **Warm Up:**

800M Run with Guild Members

### **Workout:**

Superset One:

A. Explosive Push Ups

3×30

B. Inch Worms

3×10

Superset Two:

A. Lunges

3×20

B. L-Sit Hold

3×30 seconds

Superset Three:

A. Skull Crushers

3×15

B. Side Planks

3×30 seconds each side

Superset Four:

A. Wide Pull Ups

3×10

B. Wide to Close Push Ups

3×Failure

**Yuno 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](#)