

NEJI HYUGA 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.

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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NEJI HYUGA WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to be working with calisthenics and bodyweight training primarily, but that will also include high intensity interval training, endurance work and more!

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.

Neji Hyuga Workout Routine: Sample Workout Schedule

Monday: Ninja Calisthenics with Upper Body and Speed Focus

Tuesday: Long Distance Endurance Work Training

Wednesday: Ninja Calisthenics with Full Body and Speed Focus

Thursday: Shinobi Circuit Test

Friday: Ninja Calisthenics with Lower Body and Speed Focus

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Neji Hyuga Workout Routine: Ninja Calisthenics with Upper Body and Speed Focus

Warm Up:

15-30 Minutes of Varied Cardio

(Run/Row/Bike/Elliptical)

Workout:

Superset One:

A. Close to Wide Push Ups

3×20

B. Plank to Push Ups

3×10

Superset Two:

A. Inch Worms

3×10

B. Mountain Climbers

3×20

Superset Three:

A. Sit Ups

3×20

B. Dips

3×20

Finisher: 3 Rounds, Descending Reps each Round

20-15-10

Explosive Push Ups

Bicycle Crunches

Double Unders

Neji Hyuga Workout Routine: Long Distance Endurance Work

This long distance endurance work is something you're going to build up and work on over time.

To start out it might only be 1-2 miles walking and running on and off, but as you build up your endurance you'll slowly work up to 5+ miles of running each time.

I will provide more resources to help below.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 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 Continue Training After Your First 5K \(Workout Included\)](#)

Neji Hyuga Workout Routine: Ninja Calisthenics with Full Body and Speed Focus

Warm Up:

15-30 Minutes of Varied Cardio

(Run/Row/Bike/Elliptical)

Workout:

Superset One:

A. Half Burpees

3×20

B. Alternating Pistol Squats

3×10

Superset Two:

A. Handstand Push Ups

3×10

B. Lying Leg Raises

3×20

Superset Three:

A. Box Jumps

3×20

B. Push Ups

3×20

Finisher: 3 Rounds, Descending Reps each Round

20-15-10

Jump Squats

Flutter Kicks

Chair Dips

Neji Hyuga Workout Routine: Shinobi Circuit Test

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)

Shinobi Speed Circuit Test: Complete 4 Rounds For Time

Run 800M

30 Decline Push Ups

25 Jump Squats

20 Sit Ups

15 Dips

10 Pull Ups

Neji Hyuga Workout Routine: Ninja Calisthenics with Lower Body and Speed Focus

Warm Up:

15-30 Minutes of Varied Cardio

(Run/Row/Bike/Elliptical)

Workout:

Superset One:

A. Air Squats

3×20

B. Glute Bridges

3×10

Superset Two:

A. Wall Sits

3×60 Seconds

B. Hanging Leg Raises

3×20

Superset Three:

A. Plank

3×60 seconds

B. Alternating Step Ups

3×20

Finisher: 3 Rounds, Descending Reps each Round

20-15-10

Skater Lunges

Double Unders

Pause Squats

Neji Hyuga Workout Routine: Bonus 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](#)