

# ROCK LEE CALISTHENICS WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# ROCK LEE CALISTHENICS WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be training to be STRONG and FAST like Lee, so we'll have 3 days of high intensity calisthenics work and then another day devoted to a circuit test you want to progressively improve on and a final day devoted to ninja 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.

## Rock Lee Calisthenics Workout Routine: Sample Schedule

**Monday:** Lee Tribe Calisthenics Alpha

**Tuesday:** Shinobi Circuit Test

**Wednesday:** Lee Tribe Calisthenics Bravo

**Thursday:** Ninja Endurance Work

**Friday:** Lee Triple Calisthenics Charlie

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Rock Lee Calisthenics Workout Routine: Lee Tribe Calisthenics Alpha**

**Warm Up:**

5-15 Minute Walk/Jog

**Workout:**

**Tri-Set One:**

A. Push Ups

3×20

B. Jumping Lunges

3×20

C. L-Sit Hold

3×30 Seconds

**Tri-Set Two:**

A. Dips

3×15

B. Hanging Knee Raises

3×15

C. Half Burpees

3×10

**Tri-Set Three:**

A. Chin Ups

3×10

B. Sit Ups

3×20

C. Glute Bridges

3×10

**Rock Lee Calisthenics 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).

*You could even take on the "Lee" Benchmark Workout Test in there!*

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 Circuit Test: Complete For Time**

Run 2 Miles

*Complete 4 Rounds:*

30 Push Ups

25 Double Unders

20 Sit Ups

15 Dips

10 Pull Ups

### **Rock Lee Calisthenics Workout Routine: Lee Tribe Calisthenics Bravo**

## **Warm Up:**

5-15 Minute Walk/Jog

## **Workout:**

### **Tri-Set One:**

A. Wide to Close Push Ups

3×20

B. Wide to Close Air Squats

3×20

C. Superman Hold

3×30 Seconds

### **Tri-Set Two:**

A. Tricep Extensions

3×12

B. Reverse Crunches

3×20

C. Inch Worms

3×10

**Tri-Set Three:**

A. Pull Ups

3×10

B. Toes to Bar

3×20

C. Alternating Pistol Squats

3×10

## **Rock Lee Calisthenics Workout Routine: Ninja Endurance Work**

**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](#)
- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

# **Rock Lee Calisthenics Workout Routine: Lee Tribe Calisthenics Charlie**

## **Warm Up:**

5-15 Minute Walk/Jog

## **Workout:**

### **Tri-Set One:**

A. Decline Push Ups

3×20

B. Box Jumps

3×10

C. Hollow Hold

3×30 Seconds

### **Tri-Set Two:**

A. Plank to Push Ups

3×15

B. Bicycle Crunches

3×30

C. Flutter Kicks

3×50

**Tri-Set Three:**

A. Wide Grip Pull Ups

3×10

B. Wall Climbs

3×20

C. Plank Hold

3xFailure

## **Rock Lee Calisthenics 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](#)