

# SOSUKE AIZEN 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.

# SOSUKE AIZEN WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

We're going to be training using 3 days of full body and calisthenics training mixed with one day of endurance and HIIT training for stamina work, and a final day devoted to a Kido Master Circuit Test for you to continuously level up on.

## 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.

## Sosuke Aizen Workout: Sample Workout Schedule

**Monday:** Shunpo Full Body and Calisthenics A

**Tuesday:** Kid Master Circuit Test

**Wednesday:** Shunpo Full Body and Calisthenics B

**Thursday:** 5th Division Endurance and/or HIIT

**Friday:** Shunpo Full Body and Calisthenics C

**Saturday:** Active Rest Day

**Sunday:** Mandatory Rest Day

## **Sosuke Aizen Workout: Shunpo Full Body and Calisthenics A**

### **Warm Up:**

Run 800-1600M

### **Workout:**

Incline Dumbbell Bench Press

3×12, 10, 8

Seated Arnold Press

3×12, 10, 8

Wide Grip Cable Rows

3×12, 10, 8

Leg Press

3×12, 10, 8

### **Calisthenics Circuit: 4 Rounds**

25 Push Ups

20 Second Hollow Hold

15 Toes to Bar

10 Wall Climbs

### **Sosuke Aizen Workout: Kido Master Circuit Training 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.*

### **Kido Master Circuit Test: Complete For Time**

Run 1 Mile

### **Complete 4 Rounds:**

25 Push Ups

20 Sit Ups

15 Air Squats

10 Dips

5 Pull Ups

## **Sosuke Aizen Workout: Shunpo Full Body and Calisthenics B**

### **Warm Up:**

Run 800-1600M

### **Workout:**

Incline Cable Chest Flys

3×12, 10, 8

Barbell Shrugs

3×12, 10, 8

Dumbbell Deadlift

3×12, 10, 8

Bulgarian Split Squats

3×12, 10, 8 each leg

### **Calisthenics Circuit: 4 Rounds**

25 Aie Squats

20 Second L-Sit Hold

15 V-Ups

10 Burpees

## **Sosuke Aizen Workout Routine: 5th Division Endurance and/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](#)
- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

## **Sosuke Aizen Workout: Shunpo Full Body and Calisthenics C**

### **Warm Up:**

Run 800-1600M

### **Workout:**



Weighted Dips

3×12, 10, 8

Standing Overhead Press

3×12, 10, 8

Wide Grip Cable Pulldowns

3×12, 10, 8

Squats

3×12, 10, 8

### **Calisthenics Circuit: 4 Rounds**

25 Decline Push Ups

20 Second Superman Hold

15 Pull Ups

10 Inch Worm Push Ups

## **Sosuke Aizen 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](#)