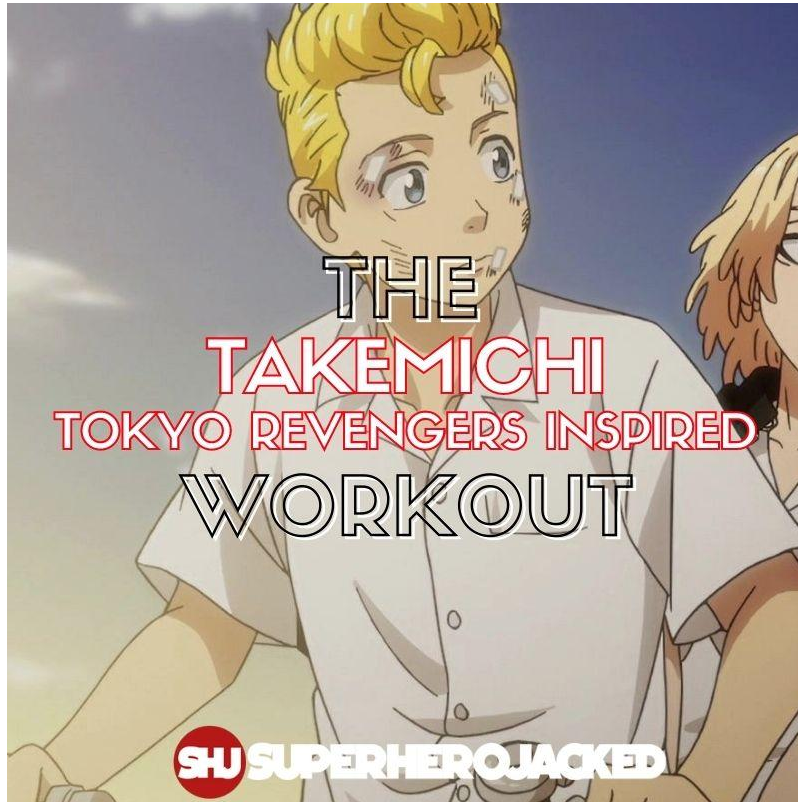


TAKEMICHI WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

TAKEMICHI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with three days of calisthenics training and two days of high intensity interval and calisthenics training. We'll train upper, lower and full body basic calisthenics and endurance training and then the HIIT will combine essentially combine the two.

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 regiment detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.

Takemichi Workout Routine: Sample Workout Schedule

Monday: Toman Full Body Calisthenics

Tuesday: Gang Fight Endurance Work

Wednesday: Tokyo Manji Gang Circuit Test

Thursday: Gang Fight Endurance Work

Friday: Toman Full Body Calisthenics

Saturday: Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

Sunday: Mandatory Rest Day

Takemichi Workout Routine: Toman Full Body Calisthenics

Warm Up:

1-3 Mile Jog

Workout:

Close to Wide Push Ups

4x25

Jump Squats

4x20

Half Burpees

4x15

Chin Ups

4x10

Core:

Superman Hold

4×30 Seconds

Bicycle Crunches

4×50

Hanging Leg Raises

4×25

Takemichi Workout: Gang Fight 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

Takemichi Workout: Tokyo Manji Gang 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!)

Tokyo Manji Gang Circuit Test: Complete 4 Rounds for Time

400 Meter Run

30 Mountain Climbers

25 Push Ups

20 Sit Ups

15 Air Squats

10 Dips

5 Pull Ups

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- Bike

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4×30 Seconds

Bicycle Crunches

4×50

Hanging Leg Raises

4×25

Takemichi Workout: Additional Training Resources

Parkour Training Resources

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)