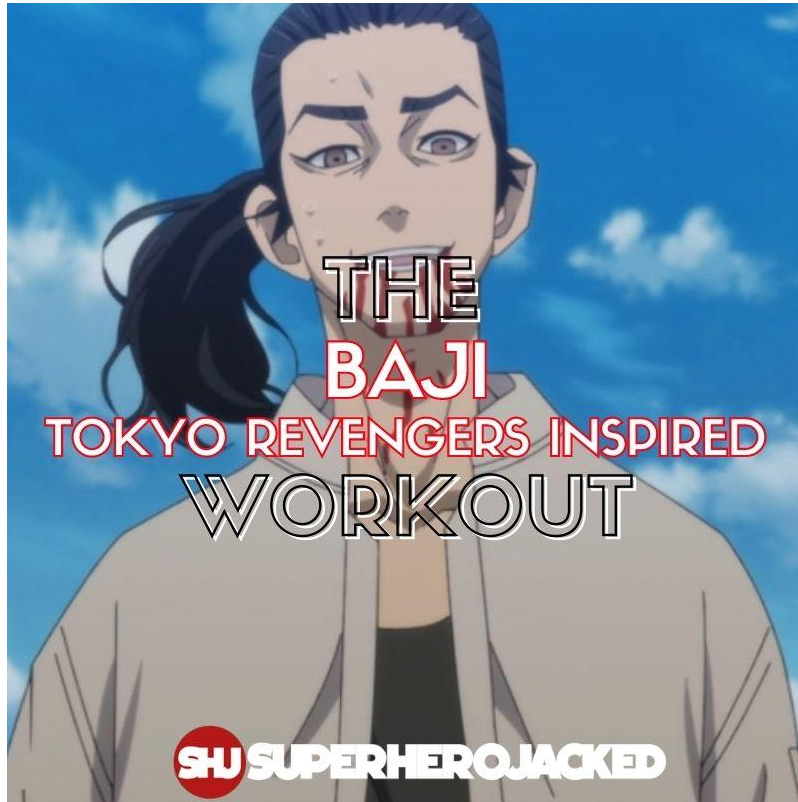


BAJI WORKOUT ROUTINE



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.

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BAJI WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be using 3 days of calisthenics training to build up strength, but then also incorporating some specific circuit and endurance days to get into full fighter-Baji shape.

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.

Baji Workout Routine: Sample Schedule

Monday: First Division Captain Calisthenics A

Tuesday: Valhalla Baji Circuit Test

Wednesday: First Division Captain Calisthenics B

Thursday: Tokyo Maji Gang Endurance Work

Friday: First Division Captain Calisthenics C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Baji Workout Routine: First Division Captain Calisthenics A

Warm Up:

5-15 Minute Warm Up Jog

Calisthenics:

Chin Ups

3×10

Bench Dips

3×15

Air Squats

3×15

Regular Push Ups

3×20

Sit Ups

3×20

Tri-Set:

A. Lunges

3×20 [total]

B. Superman Hold

3×30 Seconds

C. Clap Push Ups

3×Failure

Baji Workout Routine: Valhalla Baji 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!)

Valhalla Baji Circuit Test: Complete 4 Rounds for Time

400M Run

20 Air Squats

15 Push Ups

10 Dips

5 Pull Ups

Baji Workout Routine: First Division Captain Calisthenics B

Warm Up:

5-15 Minute Warm Up Jog

Calisthenics:

Wide Pull Ups

3×10

Chest Dips

3×15

Box Jumps

3×15

Diamond Push Ups

3×20

Hanging Leg Raises

3×20

Tri-Set:

A. Pistol Squats

3×20 [total]

B. Hollow Hold

3×30 Seconds

C. Handstand Push Ups (or Pike)

3×Failure

Baji Workout Routine: Tokyo Maji Gang 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

Baji Workout Routine: First Division Captain Calisthenics C

Warm Up:

5-15 Minute Warm Up Jog

Calisthenics:

Regular Pull Ups

3×10

Tricep Dips

3×15

Glute Bridges

3×15

Wide Push Ups

3×20

Bicycle Crunches

3×30

Tri-Set:

A. Jump Squats

3×20

B. L-Sit Hold

3×30 Seconds

C. Inch Worm Push Ups

3×Failure

Baji 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](#)