

CAMIE UTSUSHIMI WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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CAMIE UTSUSHIMI WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to be training around 2 days of beginner full body calisthenics which we'll also pair with some short cardio and then we will also have a Camie Hero Circuit Test giving us three days of calisthenics and then two option days of additional cardio if you need some extra fat burn.

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.

Camie Utsushimi Workout Routine: Sample Workout Schedule

Monday: Shiketsu High Calisthenics and Cardio

Tuesday: Optional Hero Training Endurance Work

Wednesday: Camie Hero Circuit Test

Thursday: Optional Hero Training Endurance Work

Friday: Shiketsu High Calisthenics and Cardio

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

Sunday: Mandatory Rest Day

Camie Utsushimi Workout Routine: Shiketsu High Calisthenics and Cardio

Calisthenics:

Feel free to scale down by decreasing the volume/amount of exercises.

Air Squats

3×20

Sit Ups

3×15

Push Ups (or Knee Push Ups/Pause Push Ups)

3×15

Glute Bridges

3×15

Lunges

3×10 each leg

Dips

3×10

Pull Ups (or Chin Ups/Pike Push Ups)

3×8-10

Cardio:

Complete 30-60 minutes of Varied Cardio:

Elliptical, Rower, Treadmill, Bike, Swim, etc.

Camie Utsushimi Workout Routine: Hero Training 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

Camie Utsushimi Workout Routine: Camie Hero 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!)

Camie Hero Circuit Test: Complete 4 Rounds for Time

Run 800M

20 Bulgarian Split Squats

15 Pause Push Ups

30 Lying Leg Raises

15 Inch Worms

20 Pause Squats

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Camie Utsushimi 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](#)