

# HIBANA 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.

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# HIBANA WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

For this one your main training days are going to be two full body calisthenics workouts a week, and then I'll also be programming a Hibana Captain Circuit Test for mid-week for you to take on. On top of that you can also include the option endurance training I recommend in between using the resources I provide below.

## 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.

## Hibana Workout Routine: Sample Workout Schedule

**Monday:** Calisthenics, Core and Cardio A

**Tuesday:** Optional Endurance Work

**Wednesday:** Hibana Captain Circuit Test

**Thursday:** Optional Endurance Work

**Friday:** Calisthenics, Core and Cardio B

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

**Sunday:** Mandatory Rest Day

## **Hibana Workout Routine: Calisthenics, Core and Cardio A**

### **Warm Up:**

2×25 High Knees

2×25 Jumping Jacks

### **Workout:**

Push Ups (Or Knee Push Ups)

3×20

Air Squats

3×20

Sit Ups

3×15

Hollow Hold

3×30 Seconds

Pike Push Ups (Or Chin Ups)

3×10

**Cardio:**

Complete 10-30 Minutes of Varied Cardio

## **Hibana Workout Routine: Optional 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

## **Hibana Workout Routine: Hibana Captain 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!)*

### **Colossus Circuit Test: Complete 4 Rounds for Time**

Run 400M

25 Mountain Climbers

20 Second Plank

15 Plank to Push Ups

10 Lunges

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## **Hibana Workout Routine: Calisthenics, Core and Cardio B**

### **Warm Up:**

2×25 High Knees

2×25 Jumping Jacks

### **Workout:**

Push Ups (Or Knee Push Ups)

3×20

Glute Bridges

3×20

Hanging Knee Raises

3×15

Superman Hold

3×30 Seconds

Pike Push Ups (Or Chin Ups)

3×10

### **Cardio:**

Complete 10-30 Minutes of Varied Cardio

## **Hibana 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](#)