

# NAOFUMI IWATANI WORKOUT ROUTINE



Bonus PDF File  
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# NAOFUMI IWATANI WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

For Naofumi's routine we're going to be using 3 days of full body training with both calisthenics and weights mainly working around tri-sets that'll really build our muscle while working on our endurance and speed at the same time. We'll also tack on a Four Legendary Heroes Circuit test as well as a day devoted to endurance work.

## Scaling Advice:

Everything can be done with a set of dumbbells. If you don't have dumbbells you can utilize something else in place of the dumbbells and add more reps to make up for the lack of weight needed to perform some of the movements.

## 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.

## **Naofumi Iwatani Workout Routine: Sample Schedule**

**Monday:** Shield Hero Full Body A

**Tuesday:** Four Legendary Heroes Circuit Test

**Wednesday:** Shield Hero Fully Body B

**Thursday:** Level Up Endurance Work

**Friday:** Shield Hero Full Body C

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Naofumi Iwatani Workout Routine: Shield Hero Full Body A**

### **Warm Up:**

10-15 Minute Incline Walk

### **Workout:**

Tri-Set One:

A. Incline Dumbbell Bench Press

3×10

B. Overhead Tricep Extension

3×10

C. Dips

3×10

Tri-Set Two:

A. Curl to Press

3×10

B. Bent Over Dumbbell Rows

3×10

C. Chin Ups

3×10

Tri-Set Three:

A. Wide to Close DB Goblet Squats

3×15

B. Kettlebell Swings w/ Dumbbell

3×10

C. Push Ups

3×20

### **Optional Endurance Work:**

Complete 15-30+ Minutes of Varied Cardio

*(Vary your cardio with treadmill, elliptical, jump rope, rower, stairs, bike and more!)*

## **Naofumi Iwatani Workout Routine: Four Legendary Heroes 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!)*

### **Four Legendary Heroes Circuit Test: Complete for Time**

Run 1 Mile

### **Complete 3 Rounds:**

30 Lunges

25 Dumbbell Deadlifts

20 Clap Push Ups

15 Goblet Squats

10 Pull Ups

## **Naofumi Iwatani Workout Routine: Shield Hero Full Body B**

### **Warm Up:**

10-15 Minute Incline Walk

### **Workout:**

Tri-Set One:

A. Dumbbell Flys

3×10

B. Renegade Rows

3×10

C. Plank to Push Ups

3×10

Tri-Set Two:

A. Dumbbell Deadlifts

3×10

B. Lateral Raises

3×10

C. Pull Ups

3×10

Tri-Set Three:

A. Weighted Glute Bridges

3×15

B. Man Makers

3×5

C. Decline Push Ups

3×Failure

**Optional Endurance Work:**

Complete 15-30+ Minutes of Varied Cardio



*(Vary your cardio with treadmill, elliptical, jump rope, rower, stairs, bike and more!)*

## **Naofumi Iwatani Workout Routine: Level Up 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

## **Naofumi Iwatani Workout Routine: Shield Hero Full Body C**

### **Warm Up:**

10-15 Minute Incline Walk

### **Workout:**

Tri-Set One:

A. Seated Dumbbell Overhead Press

3×10

B. Hex Press

3×10

C. Chair Dips

3×15

Tri-Set Two:

A. Bulgarian Split Squats

3×10 each leg

B. Hanging Leg Raises

3×15

C. Wide Grip Pull Ups

3×10

Tri-Set Three:

A. Dumbbell Single Arm Snatches

3×8 each arm

B. Mountain Climbers

3×10

C. Close to Wide Push Ups

3×20

**Optional Endurance Work:**

Complete 15-30+ Minutes of Varied Cardio

*(Vary your cardio with treadmill, elliptical, jump rope, rower, stairs, bike and more!)*

## **Naofumi Iwatani 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](#)

- [Sangat Workout Routine](#)