

TAMAKI KOTATSU WORKOUT ROUTINE



Bonus PDF File
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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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TAMAKI KOTATSU WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one the focus is speed! We're going to be doing 3 days of calisthenics training to build strength for agility, fat loss and toning – while also having sprints to finish off the workout and 1 day devoted to a Special Fire Force Company 1 Circuit Test and 1 day devoted to purely endurance work.

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.

Tamaki Kotatsu Workout Routine: Sample Workout Schedule

Monday: Third Gen Speed Calisthenics and Sprints A

Tuesday: Special Fire Force Company 1 Circuit Test

Wednesday: Third Gen Speed Calisthenics and Sprints B

Thursday: Company 8 Endurance Work

Friday: Third Gen Speed Calisthenics and Sprints C

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

Sunday: Mandatory Rest Day

Tamaki Kotatsu Workout Routine: Third Gen Speed Calisthenics and Sprints A

Warm Up:

800m Jog

Superset One:

A. Push Ups

3×20

B. Jumping Lunges

3×20

Superset Two:

A. Dips

3×10

B. Box Jumps

3×15

Superset Three:

A. Chin Ups

3×10

B. Glute Bridges

3×20

Ab Finisher: 3 Rounds

20 Sit Ups

20 Lying Leg Raises

30 Second Hollow Hold

Sprints: Sprint On and Off for 10-20 Minutes

ON: Sprint for 30-60 Seconds

OFF: Walk for 60-90 Seconds

Tamaki Kotatsu Workout Routine: Special Fire Force Company 1 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!)

Special Fire Force Company 1 Circuit Test: Complete 4 Rounds for Time

Run 400M

30 Jumping Lunges

25 Mountain Climbers

20 Pause Push Ups

15 Glute Bridges

10 Inch Worms

5 Half Burpees

Tamaki Kotatsu Workout Routine: Third Gen Speed Calisthenics and Sprints B

Warm Up:

800m Jog

Superset One:

A. Close to Wide Push Ups

3×20

B. Side Lunges

3×20

Superset Two:

A. Tricep Extensions

3×10

B. Step Ups

3×20

Superset Three:

A. Wide Pull Ups

3×10

B. Air Squats

3×20

Ab Finisher: 3 Rounds

20 Slow Crunches

40 Flutter Kicks

60 Second Plank

Sprints: Sprint On and Off for 10-20 Minutes

ON: Sprint for 30-60 Seconds

OFF: Walk for 60-90 Seconds

Tamaki Kotatsu Workout Routine: Company 8 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

Tamaki Kotatsu Workout Routine: Third Gen Speed Calisthenics and Sprints C

Warm Up:

800m Jog

Superset One:

A. Decline Push Ups

3×20

B. 3-Point Squats

3×20

Superset Two:

A. Chair Dips

3×10

B. Mountain Climbers

3×20

Superset Three:

A. Pull Ups

3×10

B. Bulgarian Split Squats

3×20

Ab Finisher: 3 Rounds

20 Bicycle Crunches

20 Lying Leg Raises with Hip Thrust

30 Second Superman Hold

Sprints: Sprint On and Off for 10-20 Minutes

ON: Sprint for 30-60 Seconds

OFF: Walk for 60-90 Seconds

Tamaki Kotatsu Workout Routine: Optional Alternative 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](#)