

# USOPP WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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# USOPP WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

For this one our focus is Usopp's toned and muscular post-timeskip physique and also his endurance. For that reason we'll have 2 days devoted to endurance work and then 2 days of hard endurance and calisthenics training with one final day of a Sniper Endurance Circuit.

## 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.

## Usopp Workout Routine: Sample Schedule

**Monday:** Timeskip Endurance and Calisthenics Training A

**Tuesday:** Sniper Endurance Training

**Wednesday:** Usopp Calisthenics Endurance Circuit Test

**Thursday:** Sniper Endurance Training

**Friday:** Timeskip Endurance and Calisthenics Training B

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Usopp Workout Routine: Timeskip Endurance and Calisthenics Training A**

### **Warm Up Endurance Work:**

Run 1-3 Miles (Based on your fitness level)

### **Calisthenics Training:**

Superset A:

A. Push Ups

3×30

B. Mountain Climbers

3×30

Superset B:

A. Air Squats

3×20

B. L-Sit Hold

3×20 seconds

Superset C:

A. Dips

3×15

B. Sit Ups

3×15

Superset D:

A. Pull Ups

3×10

B. Half Burpees

3×10

## **Usopp Workout Routine: Sniper Endurance Training**

**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

## Usopp Workout Routine: Usopp Calisthenics Endurance 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!)*

### Usopp Calisthenics Endurance Circuit Test: Complete 4 Rounds for Time

800M Run

20 Air Squats

15 Push Ups

10 Dips

5 Pull Ups

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## **Usopp Workout Routine: Timeskip Endurance and Calisthenics Training B**

### **Warm Up Endurance Work:**

Run 1-3 Miles (Based on your fitness level)

### **Calisthenics Training:**

Superset A:

A. Close to Wide Push Ups

3×30

B. Planking Shoulder Taps

3×30

Superset B:

A. Glute Bridges

3×20

B. Hollow Hold

3×20 seconds

Superset C:

A. Plank to Push Ups

3×15

B. V-Ups

3×15

Superset D:

A. Wide Pull Ups

3×10

B. Inch Worms (or Wall Climbs)

3×10

## **Usopp 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](#)