

# CHIFUYU MATSUNO WORKOUT ROUTINE



Bonus PDF File  
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# CHIFUYU MATSUNO WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

To train to become like Chifutyu, the vice-captain of the First Division of the Tokyo Manji Gang, we're going to be training with 3 days of calisthenics, a Toman Vice Captain Circuit Test and a day devoted to Tokyo Manji Gang Endurance.

## 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.

## Chifuyu Matsuno Workout Routine: Sample Workout Schedule

**Monday:** First Division Calisthenics A

**Tuesday:** Toman Vice Captain Circuit Test

**Wednesday:** First Division Calisthenics B

**Thursday:** Tokyo Manji Gang Endurance Work

**Friday:** First Division Calisthenics C

**Saturday:** Active Off Day (Or Optional Additional Training)

**Sunday:** Mandatory Rest Day

## **Chifuyu Workout Routine: First Division Calisthenics A**

### **Warm Up:**

Jumping Jacks

2×25

High Knees

2×25

### **Calisthenics:**

Push Ups

4×25

3 Point Squats

4×25

Dips

4x15

Chin Ups

4x10

**Cardio:**

1 Mile Jog

## **Chifuyu Workout Routine: Toman Vice 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!)*

### **Toman Vice Captain Circuit Test: Complete 2 Rounds for Time**

1 Mile Jog

30 Sit Ups

25 Push Ups

20 Lunges

15 Dips

10 Box Jumps

5 Pull Ups

## **Chifuyu Workout Routine: First Division Calisthenics B**

### **Warm Up:**

Jumping Jacks

2×25

High Knees

2×25

### **Calisthenics:**

Close to Wide Push Ups

4×20

Pistol Squats

4×20 (total)

Tricep Extensions (Calisthenics)

4x15

Wide Pull Ups

4x10

**Cardio:**

1 Mile Jog

## **Chifuyu Workout Routine: Tokyo Manji Gang 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

## **Chifuyu Workout Routine: First Division Calisthenics C**

### **Warm Up:**

Jumping Jacks



2×25

High Knees

2×25

**Calisthenics:**

Decline Push Ups

4×20

Step Ups

4×30

Diamond Push Ups

4×15

Regular Grip Pull Ups

4×10

**Cardio:**

1 Mile Jog

**Chifuyu 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](#)