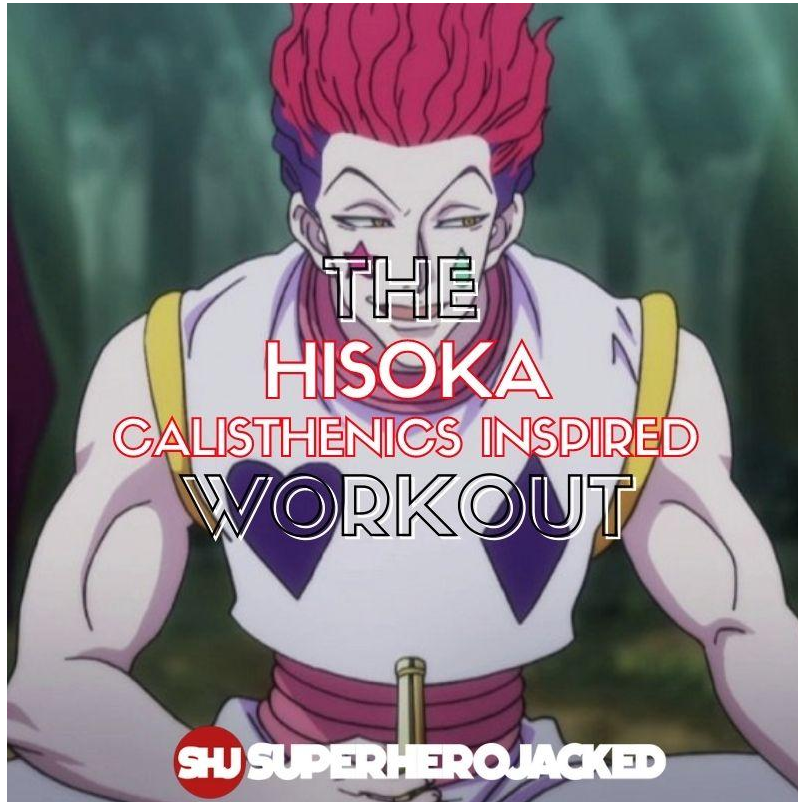


HISOKA CALISTHENICS WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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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HISOKA CALISTHENICS WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

For this one we're using three days a week dedicated to high intensity calisthenics training, and then one day devoted to a circuit test (that we can keep coming back to and re-testing), and a final day devoted to Hunter 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.

Hisoka Calisthenics Workout Routine: Sample Schedule

Monday: Phantom Troupe Calisthenics A

Tuesday: Hunter Calisthenics Circuit Test

Wednesday: Phantom Troupe Calisthenics B

Thursday: Hunter Endurance Work

Friday: Phantom Troupe Calisthenics C

Saturday: Active Rest Day or Bonus Parkour/MMA/Endurance Work

Sunday: Rest Day

Hisoka Calisthenics Workout Routine: Phantom Troupe Calisthenics A

Warm Up:

Walk/Jog

800-1600M Run

Workout:

Tri-Set One:

A. Push Ups

3×20

B. Jumping Lunges

3×20

C. L-Sit Hold

3×30 Seconds

Tri-Set Two:

A. Dips

3×15

B. Hanging Knee Raises

3×15

C. Half Burpees

3×10

Tri-Set Three:

A. Chin Ups

3×10

B. Sit Ups

3×20

C. Glute Bridges

3×10

Hisoka Calisthenics Workout Routine: Hunter Calisthenics 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!)

Hisoka Calisthenics Circuit Test: Complete 3 Rounds for Time

400M Run

25 Clap Push Ups

20 Double Unders

15 Sit Ups

10 Dips

5 Pull Ups

Hisoka Calisthenics Workout Routine: Phantom Troupe Calisthenics B

Warm Up:

Walk/Jog

800-1600M Run

Workout:

Tri-Set One:

A. Wide to Close Push Ups

3×20

B. Wide to Close Air Squats

3×20

C. Superman Hold

3×30 Seconds

Tri-Set Two:

A. Tricep Extensions

3×12

B. Reverse Crunches

3×20

C. Inch Worms

3×10

Tri-Set Three:

A. Pull Ups

3×10

B. Toes to Bar

3×20

C. Alternating Pistol Squats

3×10

Hisoka Calisthenics Workout Routine: Hunter 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

Hisoka Calisthenics Workout Routine: Phantom Troupe Calisthenics C

Warm Up:

Walk/Jog

800-1600M Run

Workout:

Tri-Set One:

A. Decline Push Ups

3×20

B. Box Jumps

3×10

C. Hollow Hold

3×30 Seconds

Tri-Set Two:

A. Plank to Push Ups

3×15

B. Bicycle Crunches

3×30

C. Flutter Kicks

3×50

Tri-Set Three:

A. Wide Grip Pull Ups

3×10

B. Wall Climbs

3×20

C. Plank Hold

3xFailure

Hisoka Calisthenics 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](#)