

HYOGA 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.

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HYOGA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're training around one of the most powerful Dr. Stone characters in the series – so our intensity and volume is going to be HIGH. We'll be working around a shredded aesthetic while also tacking on high intensity and endurance work as well.

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.

Hyoga Workout Routine: Sample Schedule

Monday: Elite Member Push Day

Tuesday: Hyoga Intensity Circuit Test

Wednesday: Elite Member Pull Day

Thursday: Tsukasa Empire Endurance Work

Friday: Elite Member Leg Day

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Hyoga Workout Routine: Elite Member Push Day

Warm Up:

20-30 Minutes of Varied Cardio

[Treadmill Walk/Run, Elliptical, Bike, Row, Swim, etc.]

Workout:

Incline Bench Press

4×12, 10, 8, 5

Seated Dumbbell Overhead Press

3×12, 10, 8

Seated Tricep Overhead Extension

3×12, 10, 8

Triset A:

A. Kettlebell Swings

3×10

B. Decline Push Ups

3×20

C. Incline Chest Flyes

3×10

Triset B:

A. Sumo Deadlift High Pull

3×10

B. Dips

3×20

C. Cable Tricep Pushdowns

3×10

Hyoga Workout Routine: Hyoga Intensity 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!)

Hyoga Intensity Circuit Test: Complete 4 Rounds for Time

400M Run

25 Kettlebell Swings

20 Clap Push Ups

15 Curl to Press

10 Burpee Sumo Deadlift High Pulls

Hyoga Workout Routine: Elite Member Pull Day

Warm Up:

20-30 Minutes of Varied Cardio

[Treadmill Walk/Run, Elliptical, Bike, Row, Swim, etc.]

Workout:

Deadlift

4×12, 10, 8, 5

Barbell Shrugs

3×12, 10, 8

Alternating Dumbbell Curls

3×12, 10, 8 each arm

Triset A:

A. Bent Over Barbell Rows

3×10

B. Wide Push Ups

3×20

C. Cable Hammer Curls with Rope

3×10

Triset B:

A. Wide Grip Lateral Pulldowns

3×10

B. Cable Pulldowns

3×20

C. Chin Ups

3×10

Hyoga Workout Routine: Tsukasa Empire 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

Hyoga Workout Routine: Elite Member Leg Day

Warm Up:

20-30 Minutes of Varied Cardio

[Treadmill Walk/Run, Elliptical, Bike, Row, Swim, etc.]

Workout:

Back Squats

4×12, 10, 8, 5

Bulgarian Split Squats

3×12, 10, 8 each leg

Glute Bridges

3×12, 10, 8

Triset A:

A. Leg Press

3×10

B. Leg Press Calve Raises

3×20

C. Seated Calf Raises

3×10

Triset B:

A. Weighted Lunges

3×10 each leg

B. Hamstring Curls

3×20

C. Quad Extensions

3×10

Hyoga 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](#)