

# MAKIO WORKOUT ROUTINE



Bonus PDF File  
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# MAKIO WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

To become Makio and even a kunoichi, we're going to be training with 3 main days of calisthenics and core, with some optional additional cardio (which can help with ninja endurance, and fat loss), and then one day devoted entirely to ninja endurance and a final day as a circuit test you can keep coming back to for re-testing your Makio skills!

## 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.

## Makio Workout Routine: Sample Workout Schedule

**Monday:** Kunoichi Calisthenics and Ninja Core A

**Tuesday:** Tenzen's Ninja Wife Circuit Test

**Wednesday:** Kunoichi Calisthenics and Ninja Core B

**Thursday:** Ninja Endurance Work

**Friday:** Kunoichi Calisthenics and Ninja Core C

**Saturday:** Active Rest Day or Full Rest

**Sunday:** Rest Day

## **Makio Workout Routine: Kunoichi Calisthenics and Ninja Core A**

**Warm Up:**

Walk/Jog 800M

**Workout:**

Mountain Climbers

3×20

Push Ups

3×15

Chair Dips

3×10

Cossack Squats

3×10 Each Side

**Core:**

Sit Ups

3×20

Lying Leg Raises

3×20

**Optional Ninja Endurance:**

- **Recommendation:** Complete 20-60 minutes of varied cardio options.
- Insert Endurance and HIIT Resources Provided in Ninja Endurance Section
- Also consider utilizing Parkour and/or MMA Resources provided at the end of the workout.

**Makio Workout Routine: Tenzen's Ninja Wife 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!)*

### **Tenzen's Ninja Wife Circuit Test: Complete 4 Rounds**

400M Run

25 Glute Bridges

20 Jumping Jacks

15 Sit Ups

10 Inch Worms

5 Push Ups

### **Makio Workout Routine: Kunoichi Calisthenics and Ninja Core B**

#### **Warm Up:**

Walk/Jog 800M

#### **Workout:**

Jumping Lunges

3×20 [total]

Close to Wide Push Ups

3×15

Plank to Push Ups

3×10

Burpees

3×5

**Core:**

Bicycle Crunches

3×30

Flutter Kicks

3×30

**Optional Ninja Endurance:**

- **Recommendation:** Complete 20-60 minutes of varied cardio options.
- Insert Endurance and HIIT Resources Provided in Ninja Endurance Section

- Also consider utilizing Parkour and/or MMA Resources provided at the end of the workout.

## **Makio Workout Routine: Ninja 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

## Makio Workout Routine: Kunoichi Calisthenics and Ninja Core C

### Warm Up:

Walk/Jog 800M

### Workout:

Jump Squats

3×20

Pause Push Ups (Explode at the top if possible)

3×15

Skull Crushers (Tricep Extensions) Calisthenics Version

3×10

Wall Climbs (or Inch Worms)

3×5

**Core:**

Slow Crunches

3×30

Russian Twists

3×30

**Optional Ninja Endurance:**

- **Recommendation:** Complete 20-60 minutes of varied cardio options.
- Insert Endurance and HIIT Resources Provided in Ninja Endurance Section
- Also consider utilizing Parkour and/or MMA Resources provided at the end of the workout.

# Makio 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](#)