

RAN HAITANI 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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RAN HAITANI WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be training with calisthenics (although pretty high intensity) and then have one day revolving around Haitani Brother Endurance Work and another around a Heavenly King Circuit Test to really step it up a notch.

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.

Ran Haitani Workout Routine: Sample Schedule

Monday: Tenjiku's 4 Heavenly Kings Calisthenics A

Tuesday: Heavenly King Circuit Test

Wednesday: Tenjiku's 4 Heavenly Kings Calisthenics B

Thursday: Haintani Brother Endurance Work

Friday: Tenjiku's 4 Heavenly Kings Calisthenics C

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Ran Haitani Workout Routine: Tenjiku's 4 Heavenly Kings Calisthenics A

Warm Up:

10-30 Minutes of "On and Off" Sprints (Choose Format)

1. 30 Second Sprint -> 90 Second Walk
2. 60 Second Sprint -> 60 Second Walk
3. 90 Second Sprint -> 30 Second Walk

Workout:

Superset A:

A. Pistol Squats

3×10 each leg

B. Toes to Bar (Scale to Knees to Elbow)

3×15

Superset B:

A. Decline Push Ups

3×20

B. Plank to Push Ups

3×10

Superset C:

A. Inch Worms

3×10

B. Chin Ups

3×10

Ran Haitani Workout Routine: Heavenly King 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!)

Heavenly King Circuit Test: Complete 5 Rounds for Time

Run 400M

20 Clap Push Ups

15 Box Jumps

10 Diamond Push Ups

5 Handstand Push Ups (Scale to Pike Push Ups)

Ran Haitani Workout Routine: Tenjiku's 4 Heavenly Kings Calisthenics B

Warm Up:

10-30 Minutes of "On and Off" Sprints (Choose Format)

1. 30 Second Sprint -> 90 Second Walk
2. 60 Second Sprint -> 60 Second Walk
3. 90 Second Sprint -> 30 Second Walk

Workout:

Superset A:

A. Clap Push Ups

3×20

B. Mountain Climbers

3×20

Superset B:

A. Box Jumps

3×20

B. Wall Sit

3×60 seconds

Superset C:

A. Wall Climbs

3×10

B. Superman Holds

3×30 seconds

Ran Haitani Workout Routine: Haitani Brother 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

Ran Haitani Workout Routine: Tenjiku's 4 Heavenly Kings Calisthenics C

Warm Up:

10-30 Minutes of "On and Off" Sprints (Choose Format)

1. 30 Second Sprint -> 90 Second Walk
2. 60 Second Sprint -> 60 Second Walk
3. 90 Second Sprint -> 30 Second Walk

Workout:

Superset A:

A. Wide To Close Squats

3×20

B. Jumping Lunges

3×10 total

Superset B:

A. Wide Push Ups

3×15

B. Close Push Ups (Diamonds)

3×15

Superset C:

A. Sit Ups

3×20

B. Hollow Hold

3×30 Seconds

Ran Haitani 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](#)