

# RENJI ABARAI WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# RENJI ABARAI WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

For this one we're going to make our strength focus around a PPL Split and then another two days devoted to endurance and high intensity circuit [endurance]. On top of that I'll be providing resources for you to tack on extra MMA style training and even parkour.

## 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.

## Renji Abarai Workout Routine: Sample Schedule

**Monday:** Master Swordsman Leg Day

**Tuesday:** Shunpo Circuit Test

**Wednesday:** Master Swordsman Push Day

**Thursday:** Kido Endurance Work

**Friday:** Master Swordsman Pull Day

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Renji Abarai Workout Routine: Master Swordsman Leg Day**

### **Warm Up:**

Run 800-1600M

### **Workout:**

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Weighted Glute Bridges

3×12, 10, 8

Cable Crunches

3×20

Hanging Knee Raises with Twist

3×20

## **Renji Abarai Workout Routine: Shunpo 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!)*

### **Renji Abarai Shunpo Circuit Test: Complete 3 Rounds for Time**

100 Jump Rope Skips

30 Sit Ups

25 Kettlebell Swings

20 Push Ups

15 Goblet Squats

10 Pull Ups

## **Renji Abarai Workout Routine: Master Swordsman Push Day**

### **Warm Up:**

Run 800-1600M

### **Workout:**

Incline Dumbbell Bench Press

3×12, 10, 8

Seated Military Press

3×12, 10, 8

Seated Overhead Tricep Extension

3×12, 10, 8

Weighted Dips

3×12, 10, 8

Chest Flys (Cable or Dumbbell)

3×12, 10, 8

Lateral Raises

3×15, 12, 10

Hang Cleans

3×15, 12, 10

## **Renji Abarai Workout Routine: Kido 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

## Renji Abarai Workout Routine: Master Swordsman Pull Day

Warm Up:



Run 800-1600M

**Workout:**

Deadlifts

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Cable Rows

3×12, 10, 8

Wide Grip Cable Pulldowns

3×12, 10, 8

Chin Ups

3×10

Sit Ups

3×20

Lying Leg Raises with Hip Thrust

3×20

# Renji Abarai 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](#)