

# TOBIO KAGEYAMA 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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# TOBIO KAGEYAMA WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

This routine is very intense, but you can scale it down by doing each exercise individually and even cutting some exercises out. You can also opt to strictly do the 3 calisthenics days and cut the endurance work and circuit test as well if you choose – but I recommend doing the test every once in a while to see how your skills improve over time.

## 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.

## Tobio Kageyama Workout Routine: Sample Schedule

**Monday:** King of the Court Cardio and Calisthenics A

**Tuesday:** Volleyball Circuit Test

**Wednesday:** King of the Court Cardio and Calisthenics B

**Thursday:** Setter Endurance Work

**Friday:** King of the Court Cardio and Calisthenics C

**Saturday:** Active Rest Day or Optional Additional Training with Resources

**Sunday:** Mandatory Rest Day

## **Tobio Kageyama Workout Routine: King of the Court Cardio and Calisthenics A**

### **Warm Up:**

25-50 Jumping Jacks (or Jump Rope)

25 High Knees

25 Mountain Climbers

### **Workout:**

Superset One:

A. Close to Wide Push Ups

3×30

B. Tricep Extensions

3×10-15

Superset Two:

A. Inch Worm to Push Ups

3×10

B. Jumping Lunges

3×20

Superset Three:

A. Sit Ups

3×20

B. Plank Hold

3×60 Seconds

Superset Four:

A. Lying Leg Raises

3×20

B. L-Sit Hold

3×30 Seconds

## **Cardio:**

20-30 Minutes of Varied Cardio

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

## **Tobio Kageyama Workout Routine: Volleyball 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!)*

### **Volleyball Circuit Test: Complete 4 Rounds for Time**

800M Run

30 Air Squats

25 Decline Push Ups

20 Jumping Lunges

15 Dips

10 Box Jumps

5 Pull Ups

## **Tobio Kageyama Workout Routine: King of the Court Cardio and Calisthenics B**

### **Warm Up:**

25-50 Jumping Jacks (or Jump Rope)

25 High Knees

25 Mountain Climbers

### **Workout:**

Superset One:

A. Explosive Push Ups

3×25

B. Plank to Push Ups

3×15

Superset Two:

A. Wall Climbs

3×10

B. Box Jumps

3×20

Superset Three:

A. V-Ups

3×20

B. Side Planks

3×30 Seconds Each Side

Superset Four:

A. Hanging Knee Raises with Twist

3×20

B. Hollow Hold

3×30 Seconds

**Cardio:**

20-30 Minutes of Varied Cardio

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



## **Tobio Kageyama Workout Routine: Setter 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](#)

## **Tobio Kageyama Workout Routine: King of the Court Cardio and Calisthenics C**

### **Warm Up:**

25-50 Jumping Jacks (or Jump Rope)

25 High Knees

25 Mountain Climbers

### **Workout:**

Superset One:

A. Decline Parallette Push Ups

3×25

B. Dips

3×15-20

Superset Two:

A. Pull Ups

3×10

B. Alternating Pistol Squats

3×20

Superset Three:

A. Slow Crunches

3×30

B. Russian Twists

3×30

Superset Four:

A. Lying Leg Raises with Hip Thrust Finish

3×10-15

B. Superman Hold

3×30 Seconds

**Cardio:**

20-30 Minutes of Varied Cardio

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

## **Tobio Kageyama 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](#)

