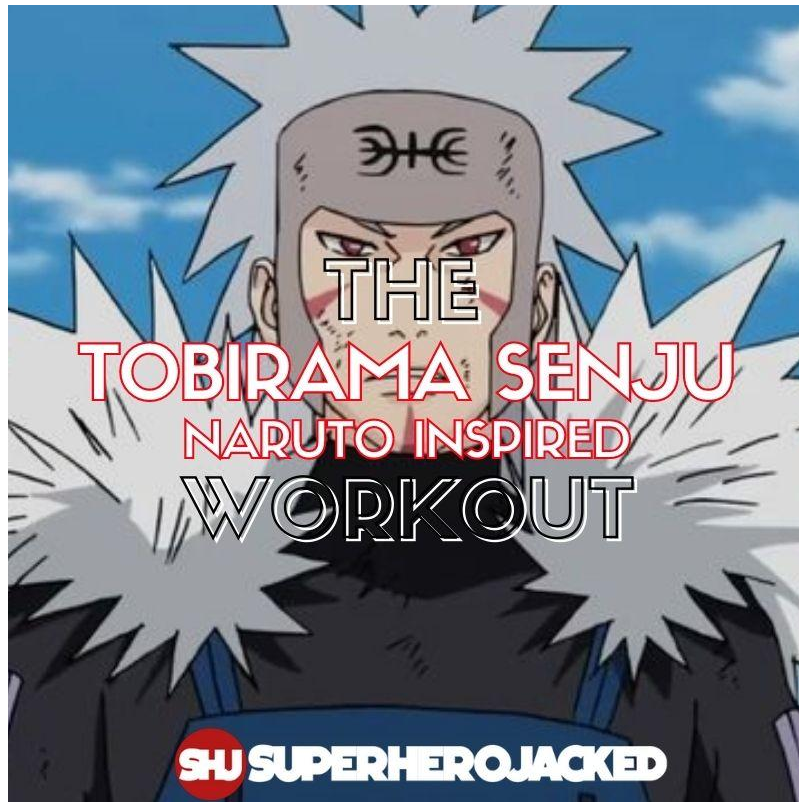


# TOBIRAMA WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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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.

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.

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# TOBIRAMA WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

As I mentioned above: we're going to be training with 3 days a week of weight training, calisthenics and intensity. On top of that we'll also have a day devoted to Ninja Endurance Work and a final day devoted to Speed Ninja Circuit Test that you can keep coming back to in order to retest your 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.

## Tobirama Workout Routine: Sample Workout Schedule

**Monday:** Full Body and Ninja Speed Intensity A

**Tuesday:** Speed Ninja Circuit Test

**Wednesday:** Enhanced Physiology Full Body B

**Thursday:** Ninja Endurance Work

**Friday:** Enhanced Physiology Full Body C

**Saturday:** Optional Bonus Training Day

**Sunday:** Rest Day

## **Tobirama Workout Routine: Full Body and Ninja Speed Intensity A**

### **Warm Up:**

800M Jog

### **Workout:**

#### **Superset One:**

A. Dumbbell Incline Bench Press

3×10

B. Dumbbell Skull Crushers

3×10

#### **Superset Two:**

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

### **Superset Three:**

A. Cable Rows

3×10

B. Standing Alternating Dumbbell Curls

3×10 each arm

### **Superset Four:**

A. Arnold Press

3×10

B. Kettlebell Swings

3×10

### **Optional Additional Speed Work:**

Complete 10-30 Minutes of Additional "On and Off Sprints"

## **Tobirama Workout Routine: Speed Ninja 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!)*

## **Speed Ninja Circuit Test: Complete 4 Rounds for Time**

Run 400M

25 Push Ups

20 Kettlebell Swings

15 Dips

10 Sit Ups

5 Chin Ups

## **Tobirama Workout Routine: Full Body and Ninja Speed Intensity B**

### **Warm Up:**

800M Jog

### **Workout:**

#### **Superset One:**

A. Chest Flyes

3×10

B. Cable Pushdowns

3×10

**Superset Two:**

A. Goblet Squats

3×10

B. Seated Calf Raises

3×10

**Superset Three:**

A. Wide Grip Pulldowns

3×10

B. Chin Ups

3×10

**Superset Four:**

A. Standing Dumbbell Front Raises

3×10

B. Hanging Leg Raises

3×20

**Optional Additional Speed Work:**

Complete 10-30 Minutes of Additional "On and Off Sprints"

**Tobirama 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

## **Tobirama Workout Routine: Full Body and Ninja Speed Intensity C**

**Warm Up:**

800M Jog

**Workout:**

**Superset One:**

A. Chest Dips

3×15

B. Seated Dumbbell Overhead Extension

3×10

**Superset Two:**

A. Hamstring Curls

3×10

B. Quad Extensions

3×10

**Superset Three:**

A. Deadlifts

3×10

B. Hammer Curls

3×10 each arm

Superset Four:

A. Upright Rows

3×10

B. Sit Ups

3×20

**Optional Additional Speed Work:**

Complete 10-30 Minutes of Additional “On and Off Sprints”

## **Tobirama Workout Routine: Bonus 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](#)