

MIRIO TOGATO 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 insure the tips given in this course are appropriate for your individual circumstances.

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MIRITO TOGATO WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

To train like Mirio Togato we'll be mixing calisthenics with weight training and working out super-high-volume just like Mirio did to train for his own quirk. We're working around a 6 day schedule that will consist of a long distance cardio day, a long weighted trek, and four days of weights and calisthenics revolving around our big four compound movements.

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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

Mirio Togato Workout Routine: Sample Workout Schedule

Monday: Bench Press, Chest, Triceps and HIIT

Tuesday: Deadlifts, Back, Biceps and HIIT

Wednesday: Ten to Fifteen Mile Weighted Trek

Thursday: Overhead Press, Shoulders, Traps and HIIT

Friday: Back Squats, Calves, Legs and HIIT

Saturday: Long Distance Cardio Endurance Training

Sunday: Rest Day

Mirio Togato Workout Routine: Bench Press, Chest, Triceps and HIIT

Warm Up:

800m Jog

Compound:

Bench Press

4×12, 10, 8, 5

Accessory:

Incline Dumbbell Press

3×12

Dumbbell Flyes

3×12

Weighted Dips

4×8

Reverse Grip Cable Pushdowns

3×10

Diamond Push Ups

3×20

Hex Press

3×10

HIIT Finisher:

Complete 20-30 Minutes of varied HIIT with the resource below:

- [Best HIIT Workouts to Add to Your Training](#)

Mirio Togato Workout Routine: Deadlift, Back, Biceps and HIIT

Warm Up:

800m Jog

Compound:

Deadlift

4×12, 10, 8, 5

Accessory:

Wide Grip Pull Ups

3×10

Chin Ups

3×15

Wide Grip Cable Rows

4×8

Alternating Dumbbell Curls

3×10 each arm

Cable Hammer Curls w/ Rope

3×20

Wide to Close Push Ups

3×10

HIIT Finisher:

Complete 20-30 Minutes of varied HIIT with the resource below:

- [Best HIIT Workouts to Add to Your Training](#)

Mirio Togato Workout Routine: Weighted Trek

Pack up something heavy in the backpack, throw it on, or grab that weighted vest, because it's time for a weighted trek.

We're talking about 10-15 miles on hilly terrain if possible.

If you can only make it 3-5 miles to start that's fine (that's great!), just be sure to progress each time the same way Mirio would.

Mirio Togato Workout Routine: Overhead Press, Shoulders, Traps and HIIT

Warm Up:

800m Jog

Compound:

Overhead Press

4×12, 10, 8, 5

Accessory:

Dumbbell Shoulder Front Raises

3×10

Kettlebell Swings

3×15

Hang Cleans

4×8

Alternating Single Arm Shoulder Flyes

3×10 each arm

Handstand Push Ups

3×10

Barbell Shrugs

3×10

HIIT Finisher:

Complete 20-30 Minutes of varied HIIT with the resource below:

- [Best HIIT Workouts to Add to Your Training](#)

Mirio Togato Workout Routine: Back Squat, Calves, Legs and HIIT

Warm Up:

800m Jog

Compound:

Back Squat

4×12, 10, 8, 5

Accessory:

Leg Press

3×10

Calf Raise on Leg Press

3×15

Bulgarian Split Squats

4×8 each leg

Front Squats

3×10

Box Jumps

3×15

Wall Sits

3×60 seconds

HIIT Finisher:

Complete 20-30 Minutes of varied HIIT with the resource below:

- [Best HIIT Workouts to Add to Your Training](#)

Mirio Togato Workout Routine: Long Distance Cardio

As we did for our Shinra Kusakabe workout this week as well, we're going to be basing your running on different performance levels and scale it up over time, but you can always scale higher by adding a weighted vest or a backpack as well.

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

You can also scale by breaking and walking at any point during your running.

Here are some other workouts to help you build up to longer runs:

- [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](#)
- [Post 5K Run Workout](#)