

# SARADA UCHIHA 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.

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# SARADA UCHIHA WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

Similar to what we saw for Denki, we'll be working with three days of mandatory training and then another two days devoted to endurance and HIIT style training that I also recommend taking advantage of.

## 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.

## Sarada Uchiha Workout Routine: Sample Schedule

**Monday:** Ninja Exam Calisthenics Training A

**Tuesday:** Ninja Training Endurance or HIIT

**Wednesday:** Uchiha Circuit Test

**Thursday:** Ninja Training Endurance or HIIT

**Friday:** Ninja Exam Calisthenics Training B

**Saturday:** Optional Additional Training with Resources

**Sunday:** Rest Day

## **Sarada Uchiha Workout Routine: Ninja Exam Calisthenics Training A**

**Warm Up:**

Run 400-800m

**Workout:**

Glute Bridges

3×20

Air Squats

3×15

Lunges

3×16

Knee Push Ups

3×20

Plank to Push Ups

3×10

Chin Ups

3×8

Flutter Kicks

3×50

## **Sarada Uchiha Workout Routine: Ninja Training Endurance or HIIT**

**For your endurance or HIIT 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](#)

**Sarada Uchiha Workout Routine: Uchiha Circuit Training 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!)

### **Sarada Uchiha Circuit Test: Complete 4 Round For Time**

Run 400M

50 Mountain Climbers

40 Glute Bridges

30 Push Ups

20 Double Unders

10 Pike Push Ups

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- Bike

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## **Sarada Uchiha Workout Routine: Ninja Exam Calisthenics Training B**

### **Warm Up:**

Run 400-800m

### **Workout:**

Fire Hydrants

3×20 each leg

Single Leg Step Ups

3×20 (total)

Side Lunges

3×16 (total)

Inch Worm to Push Ups

3×10-15

Dips

3×10

Wall Climbs

3×8

Bicycle Crunches

3×30

## **Sarada Uchiha 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](#)