

SHUJI HANMA 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.

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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SHUJI HANMA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

As I told you above: we'll be training with 3 days of calisthenics work and then a day devoted to a full and intense endurance/bodyweight training circuit test and day devoted strictly to building up Shuji stamina as well.

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.

Shuji Hanma Workout Routine: Sample Workout Schedule

Monday: The Reaper Calisthenics A

Tuesday: Zombie Endurance Circuit Test

Wednesday: The Reaper Calisthenics B

Thursday: God of Death Stamina Training

Friday: The Reaper Calisthenics C

Saturday: Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

Sunday: Mandatory Rest Day

Shuji Hanma Workout Routine: The Reaper Calisthenics A

Warm Up:

50 High Knees

50 Butt Kicks

Superset One:

A. Push Ups

3×20

B. Jumping Jacks

3×20

Superset Two:

A. Air Squats

3×15

B. Lying Leg Raises

3×20

Superset Three:

A. Dips

3×10

B. Mountain Climbers

3×15

Superset Four:

A. Chin Ups

3×5-10

B. Planking Shoulder Taps

3×20

**Shuji Hanma Workout Routine: Zombie Endurance 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!)

Zombie Endurance Circuit Test: Complete 2 Rounds for Time

Run 1 Mile

150 Air Squats

100 Push Ups

75 Sit Ups

50 Pull Ups

Shuji Hanma Workout Routine: The Reaper Calisthenics B

Warm Up:

50 High Knees

50 Butt Kicks

Superset One:

A. Decline Push Ups

3×20

B. Jumping Jacks

3×20

Superset Two:

A. Box Jumps

3×15

B. Lying Leg Raises

3×20

Superset Three:

A. Tricep Extensions

3×10

B. Plank to Push Ups

3×15

Superset Four:

A. Pull Ups

3×5-10

B. Sit Ups

3×20

Shuji Hanma Workout Routine: God of Death Stamina Training

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

Shuji Hanma Workout Routine: The Reaper Calisthenics C

Warm Up:

50 High Knees

50 Butt Kicks

Superset One:

A. Close to Wide Push Ups

3×20

B. Jumping Jacks

3×20

Superset Two:

A. Jumping Lunges

3×20

B. Lying Leg Raise with Hip Thrust

3×30

Superset Three:

A. Dips

3×10

B. Planking Knee Taps

3×16

Superset Four:

A. Pike Push Ups

3×5-10

B. Crunches

3×20

Shuji Hanma 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](#)