

*THE UNOFFICIAL*

**BAKI**

**WORKOUTS**

**SUPERHERO  
JACKED**

More than 10 Workouts for users of Chinese Kenpo,  
Street Fighting, Pit Fighting, Mixed Martial Arts,  
Boxing, Brute Force, Judo and more!

*(Unofficial Workouts Inspired by Characters)*

**MIKE ROMAINE**

THE UNOFFICIAL  
*BAKI*  
WORKOUTS

# THE UNOFFICIAL *BAKI* WORKOUT ROUTINES

More than 10 Workouts for users of Chinese Kenpo, Street Fighting, Pit Fighting, Mixed Martial Arts, Boxing, Brute Force, Judo and more!

*(Unofficial Workouts Inspired by Characters)*

## MIKE ROMAINE

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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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SECTION ZERO:

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**THE  
INTRODUCTION**

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# INTRODUCTION

## WHAT IS AN UNOFFICIAL WORKOUT BOOKLET?

**"ONLY BY DEATH IS A TRUE WARRIOR DEFEATED."  
- YUJIRO HANMA**

*First off: it's unofficial. These are not OFFICIAL workouts in any way.*

In our [Superhero Academy](#) you gain access to 1000+ Celebrity and Character Inspired Workouts...instantly. From there you also get our 90 Day Academy System, Nutrition Course and 4-Tier Nutrition System, more than half a dozen 12-16 Week Hero Programs built for specific goals, a recipe index with new recipes every week, Fast Food Index, Low Calorie Snack Index, Upgrade Your Workout Tools, Nutrition Calculators, Learning Modules and so much more.

**And no, this is not a shameless plug, this is me explaining to you**

**WHY we decided to build our Unofficial Workout Booklets.**



Superhero Jacked now has over 1,000 workout routines...

With that, a lot of the best workouts become harder to find for new members just finding SHJ.

We've expanded our Workout Database (and continue to every single week) into soooo many different amazing categories, and we even write awesome listicles to help members find all the hidden awesomeness; but The SHJ Army asked for more.

**Both Academy members and regular SHJ Army members alike LOVE downloading their routines and saving them to their drive for offline access.**

That being said, even our Academy members asked if we could begin make booklets of routines to better jump through different workout protocols with one simple (but in-depth) downloaded file.

On top of that SHJ Army members would love to download more workouts, but also have them segmented ahead of time!

[Insert The Unofficial Workout Booklets: the best of ALL worlds.](#)

**A way for SHJ Army and Academy members to download TONS of workout routines, specifically segmented to their favorite shows and themes.**

*Oh, and it helps Academy members specifically requested this as well...I like to call that a good ol' fashion double whammy.*





SECTION ONE:

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# PHYSICAL TRAINING

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# CHAPTER ONE

## PHYSICAL TRAINING

**"IF ONE IS BORN AS A MALE, AT LEAST ONCE IN LIFE, HE'LL DREAM OF BECOMING THE STRONGEST MAN ALIVE."**

**- BAKI HANMA**

### Getting Started With Training: The Things You Should Know

I'm going to lead this section by telling you that this is NOT an in depth book on how to do all things training and nutrition. If you want more in depth you'll have to utilize [The Academy](#) (upgrade tools, learning modules and video courses to pair with your routines), or even one of our Superhero Programs (free inside The Academy) that come with roughly 100 pages of explanation.

That being said, I do want to give you a place to start, so I feel that I need to talk about some of the things you might want to pair with these



routines I'll be sharing OR even some of the things you might want to keep in mind to be able to upgrade these routines.

Of course, you can do any upgrading and formatting alone, or you can use our "[Upgrade Your Workout Tool](#)" inside The Academy as well, which allows you to take any workout on the entire site and turn it into a 4-8+ week plan combining all the things we're about to talk about.

But okay, okay, we're getting ahead of ourselves, and I'll also make sure to list articles and videos to help you out so you don't HAVE to utilize anything else but this book (if you don't want to).

**Here's a brief overview of some of the things I'll be covering quickly for you guys with definitions and links to extra help:**

- Pyramid Training Formats (Traditional & Reverse)
- Straight Sets
- Super Sets (and Tri-sets & Giant Sets)
- Circuits (and EMOMS, AMRAP and more)
- Progressive Overload
- Scaling (Up or Down)

There might be more on top of these things, but in an effort to not overwhelm you I'm going to let us take it as it comes.

And, remember, as I said: all of this is done AUTOMATICALLY with our Upgrade Your Workout Tool inside [The Academy](#) for any of these workouts



(and any of the other 1000+ on the site you gain access to).

*So don't be afraid of all this stuff. If you need help, it's available.*

But I know you're eager to get going and begin picking your plan so I'm going to leave you with one last thing before we get started:

I mentioned your "Pillars of Success" and the video course that is inside The Academy to help you complete your pillars. This booklet is here to help you with ONE pillar, which is your workout routine. **I'm going to also be labeling each workout with a difficulty level and suggested goal so that it better helps you pick your workout to best suit your Pillars of Success.**

But let's get started with some definitions so you know what I'm talking about when it comes to leveling up these programs (or even scaling them down if needed).

## **PYRAMID TRAINING**

**Traditional Pyramid Training:** a collection of sets of the same exercise that start with a light weight and higher reps and then build up to a heavier weight with fewer reps.

**Reverse Pyramid Training:** a collection of sets of the same exercise that starts with the heaviest set (after a short warm up) and fewest reps and then build up to lighter weight with more reps.



## Links

- **Article:** [What is Pyramid Training?](#)
- **Videos:**
  - [How To Use Pyramid Training](#)
  - [How To Use Reverse Pyramid Training](#)
  - [LVL Up: What is Pyramid Training?](#)

## STRAIGHT SETS

**Straight Sets:** a collection of sets of the same exercise that utilize the same rep scheme throughout the entirety of that exercises sets.

## Links

- **Videos:**
  - [LVL Up: Sets and Reps \(and how to perform them\)](#)

## SUPERSETS

**Supersets:** combinations of two exercises performed consecutively with no rest in between the sets.

**Ex:** If I'm supersetting push ups and dips and have 3 supersets programmed of 12 reps each I would complete 12 reps of push-ups, then 12 reps of dips and THEN rest between my next superset.



**Tri-sets:** combinations of three exercises performed consecutively with no rest in between the sets.

**Giant Sets:** combinations of four or more exercises performed consecutively with no rest in between the sets.

## Links

- **Video:**
  - [LVL Up: Circuits and Supersets](#)

## CIRCUITS

**Circuit:** a non-stop completion of all the exercises programmed with no breaks in between them as you would with regular sets, or supersets. All rounds should be completed with no breaks, unless otherwise instructed.

**Ex:** If I have those same push-ups and dips programmed for 3 rounds of 12 each but as a circuit instead of a superset I would skip the break after each round and continue to complete 3 rounds straight through.

**EMOM:** EMOM is a style of circuit that stands for “Every Minute On The Minute” in which you perform the prescribed movements every time the timer hits the next minute. Generally a short rest will be allowed if you finish the movements prior to the next minute.



**AMRAP:** AMRAP is a style of circuit that stands for “As Many Rounds As Possible” or “As Many Reps As Possible” depending on how you’re counting/scaling the exercise. This is usually done by giving you a specific time that you have to complete the most reps or rounds in with no breaks (unless necessary; but will ultimately impact your scoring).

## Links

- **Video:**
  - [LVL Up: Circuits and Supersets](#)

## PROGRESSIVE OVERLOAD

**Progressive Overload:** In order for a muscle to grow, strength to be gained, performance to increase, or for any similar improvement to occur, the human body must be forced to adapt to a tension that is above and beyond what it has previously experienced.

## Links

- **Videos:**
  - [LVL Up: What is Progressive Overload?](#)



# SCALING

**Scaling:** Scaling is something that can be done to increase or decrease the difficulty of an overall workout or a specific exercise. Generally it is used for scaling down. For example, The Murph Challenge is extremely intense, so some people might scale the entire thing by not wearing a weighted vest and cutting the amount of reps you do off each exercise. Another example is given in the video I shared, showing examples of how to scale pull-ups if you're unable to do them regularly.

## Links

- **Video:**
  - [How To Scale Pull Ups \(And Alternatives\)](#)

Alright, hopefully at this point you're not already overwhelmed, because there's obviously other things that go into building your perfect workout routine, and as I mentioned before: this is just ONE of the pillars that make up your Pillars for Success.

If you need help completing all your pillars you're going to want to head back over to the full book, or head into [The Academy](#) and start your Pillars of Success course in order to take what we have in there and put it all together specifically for YOUR success plan.





SECTION THREE:

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# **THE WORKOUT ROUTINES**

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# THE UNOFFICIAL BAKI HANMA WORKOUT

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## Training Volume:

6 days per week, 2 a days

## 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.



# UNOFFICIAL BAKI WORKOUTS

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## THE UNOFFICIAL BAKI HANMA WORKOUT SAMPLE SCHEDULE

---

**Monday:** Bench, Triceps and Calisthenics

**Tuesday:** Legs, Calves and Calisthenics

**Wednesday:** Cleans, Core and Calisthenics

**Thursday:** Back, Biceps and Calisthenics

**Friday:** Shoulders, Traps, and Calisthenics

**Saturday:** Oly Lifts, Core and Calisthenics

**Sunday:** Rest Day



# UNOFFICIAL BAKI WORKOUTS

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## BAKI HANMA INSPIRED WORKOUT ROUTINE: BENCH, TRICEPS, AND CALISTHENICS

---

### Morning Session:

#### Warm Up:

HIIT Training w/ Sprints for 20 min

#### Workout:

Bench Press

5×5

Tricep Pushdowns

4×12

Incline Bench

4×12

Close Grip Bench

4×12

### Afternoon Session:

#### Calisthenics & MMA:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10



# UNOFFICIAL BAKI WORKOUTS

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## BAKI HANMA INSPIRED WORKOUT ROUTINE: LEGS, CALVES, AND CALISTHENICS

---

### Morning Session:

#### Warm Up:

HIIT Training w/ Sprints for 20 min

#### Workout:

Squats

5×5

Hamstring Curls

4×12

Leg Press

4×12

Leg Extension (Quad)

4×12

### Afternoon Session:

#### Calisthenics & MMA:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10



# UNOFFICIAL BAKI WORKOUTS

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## BAKI HANMA INSPIRED WORKOUT ROUTINE: CLEANS, CORE, AND CALISTHENICS

---

### Morning Session:

### Afternoon Session:

**Warm Up:** HIIT Training w/ Sprints

**Calisthenics & MMA:**

#### Workout:

Push Ups

Power Cleans

4×25

5×5

Sit Ups

Weighted Lunges

4×20

4×12

Dips

Cable Crunches

4×15

4×12

Box Jumps

Hanging Leg Raises

4×12

4×12

Pull Ups

Planks

4×10

3×60 seconds



# UNOFFICIAL BAKI WORKOUTS

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## BAKI HANMA INSPIRED WORKOUT ROUTINE: BACK, BICEPS, AND CALISTHENICS

---

### Morning Session:

#### Warm Up:

HIIT Training w/ Sprints for 20 min

#### Workout:

Deadlift

5×5

Bent Over Rows

4×12

Lateral Pulldowns

4×12

Cable or Dumbbell Rows

4×12

### Afternoon Session:

#### Calisthenics & MMA:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10



# UNOFFICIAL BAKI WORKOUTS

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## BAKI HANMA INSPIRED WORKOUT ROUTINE: SHOULDERS, TRAPS, AND CALISTHENICS

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### Morning Session:

#### Warm Up:

HIIT Training w/ Sprints for 20 min

#### Workout:

Military Press

5×5

Lateral Raises

4×12

Dumbbell Front Raises

4×12

Shrugs

4×12

### Afternoon Session:

#### Calisthenics & MMA:

Push Ups

4×25

Sit Ups

4×20

Dips

4×15

Box Jumps

4×12

Pull Ups

4×10





# UNOFFICIAL BAKI WORKOUTS

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## BAKI HANMA INSPIRED WORKOUT ROUTINE: OLY LIFTS, CORE, AND CALISTHENICS

---

### Morning Session:

### Afternoon Session:

**Warm Up:** HIIT Training w/ Sprints

**Calisthenics & MMA:**

#### Workout:

Push Ups

Barbell Snatches

4×25

5×5

Sit Ups

Front Squats

4×20

4×12

Dips

Cable Crunches

4×15

4×12

Box Jumps

Hanging Leg Raises

4×12

4×12

Pull Ups

Planks

4×10

3×60 seconds

25



# THE UNOFFICIAL YUJIRO HANMA WORKOUT

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**Training Volume:**

4-6 days per week

**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.



# UNOFFICIAL BAKI WORKOUTS

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## THE UNOFFICIAL YUJIRO HANMA WORKOUT SAMPLE SCHEDULE

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**Monday:** Push and Core

**Tuesday:** Pull and Calves

**Wednesday:** Rest Day or MMA

**Thursday:** Upper Body and Core

**Friday:** Legs

**Saturday:** Rest Day or MMA

**Sunday:** Rest Day or MMA



# UNOFFICIAL BAKI WORKOUTS

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## YUJIRO HANMA INSPIRED WORKOUT ROUTINE: WORLD'S STRONGEST CREATURE PUSH AND CORE

---

### Warm Up:

10 Minute Incline Walk

Dumbbell Bench Press

3×4-6 reps

### Workout:

Barbell Bench Press

3×4-6 reps

(80 to 85% of 1RM)

Incline Barbell Bench Press

3×4-6 reps

(80 to 85% of 1RM)

(80 to 85% of 1RM)

Seated Military Press

3×8-10 reps

(70 to 75% of 1RM)

Cable Crunch

3×8-10 reps

(70 to 75% of 1RM)



# UNOFFICIAL BAKI WORKOUTS

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## YUJIRO HANMA INSPIRED WORKOUT ROUTINE: WORLD'S STRONGEST CREATURE PULL AND CALVES

---

### Warm Up:

10 Minute Incline Walk

Wide Grip Lat Pulldown

3×4-6 reps

### Workout:

Barbell Deadlift

3×4-6 reps

(80 to 85% of 1RM)

One-Arm Dumbbell Row

3×4-6 reps

(80 to 85% of 1RM)

(80 to 85% of 1RM)

Weighted Chin Ups

3×8-10 reps

(70 to 75% of 1RM)

Leg Press Calf Raise

3×8-10 reps

(70 to 75% of 1RM)



# UNOFFICIAL BAKI WORKOUTS

---

## YUJIRO HANMA INSPIRED WORKOUT ROUTINE: WORLD'S STRONGEST CREATURE UPPER BODY & CORE

---

### Warm Up:

10 Minute Incline Walk

### Workout:

Close-Grip Bench Press

3×4-6 reps

(80 to 85% of 1RM)

Dumbbell Side Lateral Raise

3×8-10 reps

(70 to 75% of 1RM)

Seated Dumbbell Rear Lateral  
Raise

3×8-10 reps

(70 to 75% of 1RM)

Barbell Power Cleans

3×8-10 reps

(70 to 75% of 1RM)

Captain's Chair Leg Raise

3×8-10 reps

(70 to 75% of 1RM)



# UNOFFICIAL BAKI WORKOUTS

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## YUJIRO HANMA INSPIRED WORKOUT ROUTINE: WORLD'S STRONGEST CREATURE LEGS

---

### Warm Up:

10 Minute Incline Walk

Lying Leg Curl

3×4-6 reps

### Workout:

Barbell Back Squat

3×4-6 reps

(80 to 85% of 1RM)

Leg Press

3×4-6 reps

(80 to 85% of 1RM)

(80 to 85% of 1RM)

Quad Extensions

3×8-10 reps

(70 to 75% of 1RM)

Seated Calf Raise

3×8-10 reps

(70 to 75% of 1RM)



# THE UNOFFICIAL JACK HANMA WORKOUT

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**Training Volume:**

4-6 days per week

**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.





## THE UNOFFICIAL JACK HANMA WORKOUT SAMPLE SCHEDULE

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**Monday:** Super-Science Experiment Chest and Cardio

**Tuesday:** Super-Science Experiment Shoulders and Cardio

**Wednesday:** Super-Science Experiment Triceps and Cardio

**Thursday:** Super-Science Experiment Back and Cardio

**Friday:** Super-Science Experiment Legs and Cardio

**Saturday:** Super-Science Experiment Biceps and Cardio

**Sunday:** Rest Day



# UNOFFICIAL BAKI WORKOUTS

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## JACK HANMA INSPIRED WORKOUT ROUTINE: SUPER SCIENCE EXPERIMENT CHEST & CARDIO

---

### Warm Up:

10-15 Minute Incline Walk

Dips

4×20

### Workout:

Barbell Chest Press

4×4, 6, 8, 10

Push Ups

4×20

Incline Dumbbell Press

4×12, 10, 8, 6

Cable Crossovers

4×12

Dumbbell Flyes

4×12

### Cardio

*Cardio can be varied, but I recommend [Academy](#) members utilize our Benchmark Hero Workouts and SHJ Core Benchmark Test Circuits.*

Complete 30-45 Minutes of Varied Cardio or Alternative HIIT Options

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)



# UNOFFICIAL BAKI WORKOUTS

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## JACK HANMA INSPIRED WORKOUT ROUTINE: SUPER SCIENCE EXPERIMENT SHOULDERS & CARDIO

---

### Warm Up:

10-15 Minute Incline Walk

Rear Delt Cable Raise

4×12

### Workout:

Barbell Overhead Press

Pull Ups

4×4, 6, 8, 10

4×12

### Cardio

Cable Front Raises

*Cardio can be varied, but I recommend [Academy](#) members utilize our Benchmark Hero Workouts and SHJ Core Benchmark Test Circuits.*

4×12

Dumbbell Arnold Presses

Complete 30-45 Minutes of Varied Cardio or Alternative HIIT Options

4×12, 10, 8, 6

Barbell Shrugs

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

4×12



# UNOFFICIAL BAKI WORKOUTS

---

## JACK HANMA INSPIRED WORKOUT ROUTINE: SUPER SCIENCE EXPERIMENT TRICEPS & CARDIO

---

### Warm Up:

Close Grip Bench Press

10-15 Minute Incline Walk

4×12

### Workout:

Cable/Dumbbell Kickbacks

Skull Crushers

4×12

4×4, 6, 8, 10

### Cardio

Overhead Tricep Extension

*Cardio can be varied, but I recommend [Academy](#) members utilize our Benchmark Hero Workouts and SHJ Core Benchmark Test Circuits.*

4×12, 10, 8, 6

One Arm Reverse Grip Tricep Extension

Complete 30-45 Minutes of Varied Cardio or Alternative HIIT Options

4×12

Tricep Push Downs

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

4×12



# UNOFFICIAL BAKI WORKOUTS

---

## JACK HANMA INSPIRED WORKOUT ROUTINE: SUPER SCIENCE EXPERIMENT BACK & CARDIO

---

### Warm Up:

10-15 Minute Incline Walk

Hammer Strength Rows

4×12

### Workout:

Deadlift

Wide Grip Pull Ups

4×12

4×4, 6, 8, 10

### Cardio

Wide Grip Lateral Pull Downs

*Cardio can be varied, but I recommend [Academy](#) members utilize our Benchmark Hero Workouts and SHJ Core Benchmark Test Circuits.*

4×12, 10, 8, 6

Close Grip Lateral Pull Downs

Complete 30-45 Minutes of Varied Cardio or Alternative HIIT Options

4×12

One Arm Seated Cable Rows

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

4×12



# UNOFFICIAL BAKI WORKOUTS

---

## JACK HANMA INSPIRED WORKOUT ROUTINE: SUPER SCIENCE EXPERIMENT LEGS & CARDIO

---

### Warm Up:

10-15 Minute Incline Walk

Hack Squat

4×12

### Workout:

Squats

4×4, 6, 8, 10

Calf Raises

4×12

Dumbbell Weighted Lunges

4×12

Leg Press

4×12, 10, 8, 6

Box Jumps

4×12

### Cardio

*Cardio can be varied, but I recommend [Academy](#) members utilize our Benchmark Hero Workouts and SHJ Core Benchmark Test Circuits.*

Complete 30-45 Minutes of Varied Cardio or Alternative HIIT Options

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)



# UNOFFICIAL BAKI WORKOUTS

---

## JACK HANMA INSPIRED WORKOUT ROUTINE: SUPER SCIENCE EXPERIMENT BICEPS & CARDIO

---

### Warm Up:

10-15 Minute Incline Walk

Zottman Curls

4×12

### Workout:

Preacher Curls

4×4, 6, 8, 10

Dumbbell Hammer Curls

4×12, 10, 8, 6

Spider Curls

4×12

Overhead Cable Curls

4×12

Chin Ups

4×12

### Cardio

*Cardio can be varied, but I recommend [Academy](#) members utilize our Benchmark Hero Workouts and SHJ Core Benchmark Test Circuits.*

Complete 30-45 Minutes of Varied Cardio or Alternative HIIT Options

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)



# UNOFFICIAL YUICHIRO HANMA WORKOUT

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**Training Volume:**

5+ days per week

## 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.





# UNOFFICIAL BAKI WORKOUTS

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## THE UNOFFICIAL YUICHIRO HANMA WORKOUT SAMPLE SCHEDULE

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**Monday:** Yuichiro Chest, Triceps and Core

**Tuesday:** Yuichiro Legs, Calves and Core

**Wednesday:** Hanma Circuit Training Test

**Thursday:** Yuichiro Shoulders, Traps and Core

**Friday:** Yuichiro Back, Biceps and Core

**Saturday:** Active Rest Day

**Sunday:** Mandatory Rest Day



# UNOFFICIAL BAKI WORKOUTS

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## YUICHIRO HANMA INSPIRED WORKOUT ROUTINE: YUICHIRO CHEST, TRICEPS AND CORE

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### Warm Up:

5-15 Minute Incline Walk

### Workout:

Bench Press

5×12, 10, 8, 5, 5

Close Grip Bench Press

4×12, 10, 8, 5

Incline Dumbbell Bench Press

3×12, 10, 8

Cable Tricep Pushdowns w/ Rope

3×12, 10, 8

Chest Flys

3×10

Dip

3×10

### Core:

Plank Hold

3×60 Seconds

Sit Ups

3×25

Russian Twists

3×30



# UNOFFICIAL BAKI WORKOUTS

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## YUICHIRO HANMA INSPIRED WORKOUT ROUTINE: YUICHIRO LEGS, CALVES AND CORE

---

### Warm Up:

5-15 Minute Incline Walk

Quad Extensions

3×10

### Workout:

Back Squats

5×12, 10, 8, 5, 5

Leg Press

4×12, 10, 8, 5

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Cable Pullthroughs

3×10

### Core:

L-Sit Hold

3×30 Seconds

Cable Crunches

3×25

Hanging Leg Raises

3×25



# UNOFFICIAL BAKI WORKOUTS

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## YUICHIRO HANMA INSPIRED WORKOUT ROUTINE: HANMA CIRCUIT TRAINING TEST

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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.*

### **Hanma Circuit Test: 4 Rounds**

400M Run

30 Dumbbell Deadlifts

25 Decline Push Ups

20 Kettlebell Swings

15 Wide Grip Pull Ups

10 Wide to Close Goblet Squats



# UNOFFICIAL BAKI WORKOUTS

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## YUICHIRO HANMA INSPIRED WORKOUT ROUTINE: YUICHIRO SHOULDERS, TRAPS AND CORE

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### Warm Up:

5-15 Minute Incline Walk

Hang Cleans

3×10

### Workout:

Military Press

5×12, 10, 8, 5, 5

Barbell Shrugs

4×12, 10, 8, 5

Cable Front Raises

3×12, 10, 8

Dumbbell Lateral Raises

3×12, 10, 8

Dumbbell Shrugs

3×10

### Core:

Hollow Hold

3×30 Seconds

Bicycle Crunches

3×50

Toes to Bar

3×20



# UNOFFICIAL BAKI WORKOUTS

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## YUICHIRO HANMA INSPIRED WORKOUT ROUTINE: YUICHIRO BACK, BICEPS AND CORE

---

### Warm Up:

5-15 Minute Incline Walk

Close Grip Cable Rows

3×10

### Workout:

Deadlifts

Hammer Curls

3×10 each arm

5×12, 10, 8, 5, 5

Bent Over Barbell Rows

### Core:

Superman Hold

4×12, 10, 8, 5

3×30 Seconds

Wide Grip Lateral Pulldowns

Sit Ups with Twist

3×12, 10, 8

3×30

Preacher Curls

Hanging Knee Raises with Twist

3×12, 10, 8

3×20



# THE UNOFFICIAL BAKI CALISTHENICS WORKOUT

---

**Training Volume:**

6 days per week

**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.



# UNOFFICIAL BAKI WORKOUTS

---

## UNOFFICIAL BAKI CALISTHENICS WORKOUT SAMPLE SCHEDULE

---

**Monday:** Upper Body Focused Calisthenics Work

**Tuesday:** HIIT Workout A and Core A

**Wednesday:** Full Body Calisthenics Work

**Thursday:** HIIT Workout B and Core B

**Friday:** Lower Body Focused Calisthenics Work

**Saturday:** HIIT Workout C and Core C

**Sunday:** Rest Day





# UNOFFICIAL BAKI WORKOUTS

---

## BAKI CALISTHENICS INSPIRED WORKOUT ROUTINE: UPPER BODY FOCUSED CALISTHENICS WORK

---

### Warm Up:

800m Run

Chin Ups

3×15

### Workout:

Clap Push Ups

3×30

Pike Push Ups

3×25

Dips

3×20

Wide Grip Pull Ups

3×10

### Blowout: 3 Rounds

A. Push Ups to Failure

B. Plank w/ Alternating Shoulder  
Taps x 40 [total]

C. Handstand Push Ups to Failure



# UNOFFICIAL BAKI WORKOUTS

---

## BAKI CALISTHENICS INSPIRED WORKOUT ROUTINE: HIIT WORKOUT A & CORE A

---

### Warm Up:

Walk/Jog

### Core A:

Russian Twists

### Workout: Complete 5 Rounds

20 Double Unders

10 Burpees

20 Jumping Jacks

10 Half Burpees

20 High Knees

10 Inch Worms

20 Butt Kickers

10 Explosive Push Ups

3×30

Sit Ups

3×25

Hanging Knee Raises w/ Side  
Twist

3×20

### Alternative HIIT Workouts:

- **Academy Members:**  
Use Benchmark Circuits  
and/or Core Circuit Test
- **The Best HIIT Workouts  
to Step Up Your Training**



# UNOFFICIAL BAKI WORKOUTS

---

## BAKI CALISTHENICS INSPIRED WORKOUT ROUTINE: FULL BODY FOCUSED CALISTHENICS WORK

---

### Warm Up:

800m Run

Handstand Push Ups

3×15

### Workout:

Wide to Close Push Ups

3×30

In and Out Jump Squats

3×25

Double Unders

3×20

Side Lunges

3×10 each leg

### Blowout: 3 Rounds

A. Pull Ups x Failure

B. Plank x 60 Seconds

C. Jump Squats x Failure



# UNOFFICIAL BAKI WORKOUTS

---

## BAKI CALISTHENICS INSPIRED WORKOUT ROUTINE: HIIT WORKOUT B & CORE B

---

### Warm Up:

Walk/Jog

### Core B:

Side Planks

### Workout: Complete 3 Rounds

3×30 seconds

25 Pull Ups

Lying Leg Raises w/ Hip Thrust

50 High Knee Skips

3×25

50 Push Ups

Bicycle Crunches

50 Alternating Skips

3×20

50 Air Squats

### Alternative HIIT Workouts:

50 Double Unders

- **Academy Members:**  
Use Benchmark Circuits and/or Core Circuit Test
- **The Best HIIT Workouts to Step Up Your Training**

25 Pull Ups



# UNOFFICIAL BAKI WORKOUTS

---

## BAKI CALISTHENICS INSPIRED WORKOUT ROUTINE: LOWER BODY FOCUSED CALISTHENICS WORK

---

### Warm Up:

800m Run

Pause Squats (Stutter at Parallel  
or Below)

3×15

### Workout:

Alternating Pistol Squats

3×30 each leg

Glute Bridges

3×25

Jumping Lunges

3×20 each leg

Wall Sit

3×60 Seconds

### Blowout: 3 Rounds

A. Air Squats to Failure

B. Superman Hold x 60 Seconds

C. Box Jumps x 30



# UNOFFICIAL BAKI WORKOUTS

---

## BAKI CALISTHENICS INSPIRED WORKOUT ROUTINE: HIIT WORKOUT C & CORE C

---

### Warm Up:

Walk/Jog

### Core C:

Forearm Planks

### Workout: Complete 2 Rounds

3×60 seconds

Run 1600 Meters

Hanging Leg Raises

150 Air Squats

3×25

100 Push Ups

V-Ups

75 Dips

3×20

50 Pull Ups

### Alternative HIIT Workouts:

- **Academy Members:**  
Use Benchmark Circuits and/or Core Circuit Test
- **The Best HIIT Workouts to Step Up Your Training**



# THE UNOFFICIAL BISCUIT OLIVA WORKOUT

---

**Training Volume:**

5+ days per week

## **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.



# UNOFFICIAL BAKI WORKOUTS

---

## THE UNOFFICIAL BISCUIT OLIVA WORKOUT SAMPLE SCHEDULE

---

**Monday:** Brute Force Deadlifts and Back

**Tuesday:** Brute Force Overhead Press and Shoulders

**Wednesday:** Brute Force Back Squats and Legs

**Thursday:** Brute Force Bench Press and Chest

**Friday:** Brute Force Arms and Accessory Work

**Saturday:** Active Rest or Additional Work w/ Bonus  
Resources

**Sunday:** Mandatory Rest Day





# UNOFFICIAL BAKI WORKOUTS

---

## BISCUIT OLIVA INSPIRED WORKOUT ROUTINE: DEADLIFTS AND BACK

---

<b>Warm Up:</b>	Cable Rows
Stretch	4×15, 12, 10, 8
10-15 min incline walk	Lateral Raises
<b>Workout:</b>	4×15, 12, 10, 8
Deadlifts	Weighted Chin Ups
5×10, 8, 5, 3, 3	4×15, 12, 10, 8
Dumbbell Rows	Reverse Flys
4×15, 12, 10, 8	4×15, 12, 10, 8
Lateral Pulldowns	
4×15, 12, 10, 8	



# UNOFFICIAL BAKI WORKOUTS

---

## BISCUIT OLIVA INSPIRED WORKOUT ROUTINE: OVERHEAD PRESS AND SHOULDERS

---

### Warm Up:

Stretch

10-15 min incline walk

Face Pulls

4×15, 12, 10, 8

Arnold Press

### Workout:

Overhead Press

5×10, 8, 5, 3, 3

Dumbbell Front Raises

4×15, 12, 10, 8

Barbell Shrugs

4×15, 12, 10, 8

Upright Barbell Row

4×15, 12, 10, 8

Dumbbell Shrugs

4×15, 12, 10, 8



# UNOFFICIAL BAKI WORKOUTS

---

## BISCUIT OLIVA INSPIRED WORKOUT ROUTINE: BACK SQUATS AND LEGS

---

### Warm Up:

Stretch  
10-15 min incline walk

Hamstring Curls

4×15, 12, 10, 8

Weighted Lunges

### Workout:

4×15, 12, 10, 8 each leg

Back Squats

Glute Bridges

5×10, 8, 5, 3, 3

4×15, 12, 10, 8

Leg Press

Seated Calf Raises

4×15, 12, 10, 8

4×15, 12, 10, 8

Quad Raises

4×15, 12, 10, 8



# UNOFFICIAL BAKI WORKOUTS

---

## BISCUIT OLIVA INSPIRED WORKOUT ROUTINE: BENCH PRESS AND CHEST

---

### Warm Up:

Stretch

10-15 min incline walk

### Workout:

Bench Press

5×10, 8, 5, 3, 3

Incline Bench Press

4×15, 12, 10, 8

Standing Dumbbell Chest Fly

4×15, 12, 10, 8

Incline Chest Flys

4×15, 12, 10, 8

Weighted Dips

4×15, 12, 10, 8

Decline Machine Press

4×15, 12, 10, 8

Weighted Pushups

4×25



60

# UNOFFICIAL BAKI WORKOUTS

---

## BISCUIT OLIVA INSPIRED WORKOUT ROUTINE: ARMS AND ACCESSORY

---

### Warm Up:

Stretch

10-15 min incline walk

### Workout:

Power Cleans

5×10, 8, 5, 3, 3

Front Squats

4×15, 12, 10, 8

Bicep Curls

4×15, 12, 10, 8

Tricep Overhead Extension

4×15, 12, 10, 8

Close Grip Bench

4×15, 12, 10, 8

High Cable Curls

4×15, 12, 10, 8

Cable Kickbacks

4×15, 12, 10, 8 each arm



# UNOFFICIAL MUSASHI MIYAMOTO WORKOUT

---

**Training Volume:**

5 days per week

**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.



# UNOFFICIAL BAKI WORKOUTS

---

## UNOFFICIAL MUSASHI MIYAMOTO WORKOUT SAMPLE SCHEDULE

---

**Monday:** Swordsman Leg Day

**Tuesday:** Samurai Endurance Training Circuit

**Wednesday:** Swordsman Push Day

**Thursday:** Body Control HIIT Training

**Friday:** Swordsman Pull Day

**Saturday:** Optional Additional Training with  
Resources

**Sunday:** Rest Day



# UNOFFICIAL BAKI WORKOUTS

---

## MUSASHI MIYAMOTO INSPIRED WORKOUT ROUTINE: SWORDSMAN LEG DAY

---

### Warm Up:

5 Minute Warm Up Walk

10 Minute Jog

5 Minute Cooldown Walk

### Workout:

#### Quad-Set A:

A. Goblet Squats

3×12

B. Weighted Lunges

3×10 each leg

C. Cable Pullthroughs

3×12

D. Box Jumps

3×Failure

### Quad Set B:

A. Leg Press 3×12

B. Calf Raises on Leg Press  
Machine

3×12

C. Hamstring Kickbacks or Curls

3×12 each leg

D. Quad Extensions

3×Failure

### Tri-Set A:

A. Cable Crunches 3×20

B. Hanging Knee Raises 3×20

C. Hollow Holds 3×30 seconds





# UNOFFICIAL BAKI WORKOUTS

---

## MUSASHI MIYAMOTO INSPIRED WORKOUT ROUTINE: SAMURAI ENDURANCE TRAINING CIRCUIT

---

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.*

**Warm Up:** 25 High Knees, 25 Jumping Jacks

**Workout: Complete 4 Rounds**

400M Jog

25 Sumo Deadlift High Pulls

15 Thrusters

5 Wall Climbs



# UNOFFICIAL BAKI WORKOUTS

---

## MUSASHI MIYAMOTO INSPIRED WORKOUT ROUTINE: SWORDSMAN PUSH DAY

---

### Warm Up:

5 Minute Warm Up Walk

10 Minute Jog

5 Minute Cooldown Walk

### Workout:

#### Quad-Set A:

A. Incline Dumbbell Bench Press

3×12

B. Incline Dumbbell Chest Flyes

3×12

C. Incline Dumbbell Hex Press

3×12

D. Diamond Push Ups

3×Failure

### Quad Set B:

A. Overhead Press 3×12

B. Hang Cleans 3×12

C. Upright Rows 3×12

D. Barbell Shrugs 3×Failure

### Tri-Set A:

A. Tricep Overhead Cable  
Extension

3×12

B. Tricep Cable Pushdowns 3×12

C. Tricep Cable Kickbacks

3×12 each arm



# UNOFFICIAL BAKI WORKOUTS

---

## MUSASHI MIYAMOTO INSPIRED WORKOUT ROUTINE: BODY CONTROL CALISTHENICS HIIT TRAINING

---

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.*

**Warm Up:** 25 High Knees, 25 Jumping Jacks

**Workout: Complete 2 Rounds**

1 Mile Run

100 Air Squats

75 Push Ups

50 Sit Ups

30 Dips

25 Pull Ups



# UNOFFICIAL BAKI WORKOUTS

---

## MUSASHI MIYAMOTO INSPIRED WORKOUT ROUTINE: SWORDSMAN PULL DAY

---

### Warm Up:

5 Minute Warm Up Walk

10 Minute Jog

5 Minute Cooldown Walk

### Workout:

#### Quad-Set A:

A. Deadlifts

3×12

B. Wide Grip Cable Pulldowns

3×12

C. Straight Arm Pulldowns

3×12

D. Chin Ups

3×Failure

### Quad Set B:

A. Bent Over Barbell Rows 3×12

B. Standing Cable Curls 3×12

C. Reverse Cable Extensions 3×12

D. Cable High Curls 3×Failure

### Tri-Set A:

A. Sit Ups

3×20

B. Lying Leg Raises

3×20

C. Superman Hold

3×30 seconds



# UNOFFICIAL KAIJU KAKU WORKOUT ROUTINE

---

**Training Volume:**

5 days per week

**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.



# UNOFFICIAL BAKI WORKOUTS

---

## UNOFFICIAL KAIYOU KAKU WORKOUT SAMPLE SCHEDULE

---

**Monday:** Chinese Kenpo HIIT and Calisthenics A

**Tuesday:** Supreme Grandmaster Endurance Work  
and Circuit A

**Wednesday:** Chinese Kenpo HIIT and Calisthenics B

**Thursday:** Supreme Grandmaster Endurance Work  
and Circuit B

**Friday:** Chinese Kenpo HIIT and Calisthenics C

**Saturday:** Rest Day or MMA or Parkour Work

**Sunday:** Mandatory Rest Day



# UNOFFICIAL BAKI WORKOUTS

---

## KAIYOU KAKU INSPIRED WORKOUT ROUTINE: CHINESE KENPO HIIT AND CALISTHENICS A

---

### Warm Up:

High Knees x 20

Butt Kickers x 20

Jumping Jacks x 20

Air Squats

4x20

Dips

4x15

### HIIT Cardio (Or Sub MMA Training w/ Resources Below):

*20-30 Minutes of Interval Training:*

1 Minute ON: Sprint 6-10 MPH

1 Minute OFF: Walk 2-3.5 MPH

Lunges

4x10 each leg

Chin Ups

4x8

### Calisthenics A:

Push Up

4x25

### Core:

Sit Ups

3x25

Lying Leg Raises

3x20



# UNOFFICIAL BAKI WORKOUTS

---

## MUSASHI MIYAMOTO INSPIRED WORKOUT ROUTINE: GRANDMASTER ENDURANCE WORK & CIRCUIT A

---

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.*

*Alternatively consider tacking on endurance work here as well.*

### **Circuit A:** 2 Rounds/No Breaks Between Rounds

100 Jump Ropes

50 Mountain Climbers

40 Push Ups

30 Jump Squats

20 Dips

10 Burpees

5 Pull Ups





# UNOFFICIAL BAKI WORKOUTS

---

## KAIYOU KAKU INSPIRED WORKOUT ROUTINE: CHINESE KENPO HIIT AND CALISTHENICS B

---

### Warm Up:

High Knees x 20

Butt Kickers x 20

Jumping Jacks x 20

Pistol Squats

3x10 each leg

Pike Push Ups

3x10

### HIIT Cardio (Or Sub MMA Training w/ Resources Below):

*20-30 Minutes of Interval Training:*

1 Minute ON: Sprint 6-10 MPH

1 Minute OFF: Walk 2-3.5 MPH

L-Sit Holds

3x30 Seconds

Wall Sits

3x60 Seconds

### Calisthenics B:

Plank to Push Ups

3x20

### Core:

Bicycle Crunches

3x30

Hanging Knee Raises w/ Twist

3x20



# UNOFFICIAL BAKI WORKOUTS

---

## MUSASHI MIYAMOTO INSPIRED WORKOUT ROUTINE: GRANDMASTER ENDURANCE WORK & CIRCUIT B

---

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.*

*Alternatively consider tacking on endurance work here as well.*

### **Circuit B:** 3 Rounds/1 Minute Break Between Rounds

25 Double Unders

50 Crunches

25 Shoulder taps

50 Jumping Jacks

25 Explosive Push Ups

50 Second Hollow Hold

25 Jumping Lunges



# UNOFFICIAL BAKI WORKOUTS

---

## KAIYOU KAKU INSPIRED WORKOUT ROUTINE: CHINESE KENPO HIIT AND CALISTHENICS C

---

### Warm Up:

High Knees x 20

Butt Kickers x 20

Jumping Jacks x 20

Bulgarian Split Squats

3x10 each leg

Wide Grip Pull Ups

3x10

### HIIT Cardio (Or Sub MMA Training w/ Resources Below):

*20-30 Minutes of Interval Training:*

1 Minute ON: Sprint 6-10 MPH

1 Minute OFF: Walk 2-3.5 MPH

Tricep Extensions (Bodyweight)

3x25

Planks

3x60 Seconds

### Calisthenics C:

Wide to Close Push Ups

3x20

### Core:

V-Ups 3x25

Lying Leg Raises 3x20

Flutter Kicks 3x20



# THE UNOFFICIAL KAORU HANAYAMA WORKOUT

---

**Training Volume:**

5 days per week

**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.



# UNOFFICIAL BAKI WORKOUTS

---

## UNOFFICIAL KAORU HANAYAMA WORKOUT SAMPLE SCHEDULE

---

**Monday:** Squats and Back Work

**Tuesday:** Deadlift and Bench Press

**Wednesday:** Accessory and Grip Strength

**Thursday:** Squats and Back Work

**Friday:** Deadlift and Bench Press

**Saturday:** Rest Day

**Sunday:** Active Rest Day



# UNOFFICIAL BAKI WORKOUTS

---

## KAORU HANAYAMA INSPIRED WORKOUT ROUTINE: SQUATS AND BACK

---

### Heavy Work:

Back Squats

5×15, 10, 5, 5, 3

Bent Over Barbell Rows

4×10

Front Squats

4×10

### Accessory Lifts:

Lateral Raises

3×10

Wide Grip Lateral Pulldowns

3×10

Weighted Chin Ups

3×10

Barbell Shrugs

3×15



# UNOFFICIAL BAKI WORKOUTS

---

## KAORU HANAYAMA INSPIRED WORKOUT ROUTINE: DEADLIFTS AND BENCH PRESS

---

### Heavy Work:

Bench Press

5×15, 10, 5, 5, 3

Deadlift

5×15, 10, 5, 5, 3

Incline Dumbbell Press

3×12, 10, 8

### Accessory Lifts:

Upright Rows

3×10

Seated Calf Raises

3×10

Chest Flyes

3×10

Reverse Grip Cable  
Pushdowns

3×10



# UNOFFICIAL BAKI WORKOUTS

---

## KAORU HANAYAMA INSPIRED WORKOUT ROUTINE: ACCESSORY AND GRIP STRENGTH

---

### Heavy Work:

Heavy Farmers Carry

5x50M

Zottman Curls

4x12

EZ Bar Reverse Curls

4x12

### Accessory Lifts:

Pull Ups

4x12

Dead Hangs

4xFailure

Press Ups (Fingers Only)

4x20

Reverse Press Up

4x20





# UNOFFICIAL BAKI WORKOUTS

---

## KAORU HANAYAMA INSPIRED WORKOUT ROUTINE: SQUATS AND BACK

---

### Heavy Work:

Back Squats

5×15, 10, 5, 5, 3

Bent Over Barbell Rows

4×10

Front Squats

4×10

### Accessory Lifts:

Hamstring Curls

3×10

Quad Extensions

3×10

Single Arm KB Deadlift  
(Alternating)

3×10 each arm

Kettlebell Swings

3×10



# UNOFFICIAL BAKI WORKOUTS

---

## KAORU HANAYAMA INSPIRED WORKOUT ROUTINE: DEADLIFTS AND BENCH PRESS

---

### Heavy Work:

Deficit Deadlifts

4×5

Bench Press

5×15, 10, 5, 5, 3

Deadlift

5×15, 10, 5, 5, 3

### Accessory Lifts:

Power Cleans

3×10

Incline Dumbbell Press

3×10

Preacher Curls

3×10

Tricep Cable Kickbacks

3×10 each arm



# THE UNOFFICIAL DOPPO OROCHI WORKOUT

---

**Training Volume:**

5-6 days per week

**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.



# UNOFFICIAL BAKI WORKOUTS

---

## THE UNOFFICIAL DOPPO OROCHI WORKOUT SAMPLE SCHEDULE

---

**Monday:** Dan Karate Upper Body and HIIT Sprints A

**Tuesday:** Dan Karate Lower Body and HIIT Sprints A

**Wednesday:** Doppo Endurance or HIIT

**Thursday:** Dan Karate Lower Body and HIIT Sprints B

**Friday:** Dan Karate Upper Body and HIIT Sprints B

**Saturday:** Doppo Endurance or HIIT

**Sunday:** Rest Day



# UNOFFICIAL BAKI WORKOUTS

---

## DOPPO OROCHI INSPIRED WORKOUT ROUTINE: DAN KARATE UPPER BODY AND HIIT SPRINTS A

---

### Warm Up:

Walk 5-10 Minutes

V-Bar Lateral Pulldowns

2×15

### Workout:

Bench Press

Lateral Raises

2×15

3×12, 10, 8

Overhead Tricep Extensions

Barbell Row

3×12, 10, 8

3×12, 10, 8

Cable Curls

Seated Overhead DB Press

3×12, 10, 8

3×12, 10, 8

**HIIT Sprint Formations: Complete  
20-30 Minutes - 60 Seconds ON,  
60 Seconds OFF**

Pec Dec

2×15

- Sprint 60 Seconds at 7-10+ MPH
- Walk 60 Seconds at 2.5-3.5 MPH



# UNOFFICIAL BAKI WORKOUTS

---

## DOPPO OROCHI INSPIRED WORKOUT ROUTINE: DAN KARATE LOWER BODY AND HIIT SPRINTS A

---

### Warm Up:

Walk 5-10 Minutes

Seated Calf Raises

2×20

### Workout:

Back Squats

3×12, 10, 8

Straight Leg Deadlifts

3×12, 10, 8

Standing Calf Raises

3×15

Hamstring Curls

2×15

Cable Crunches

3×15

Cable Pull Through w/ Rope

3×12, 10, 8

Hanging Leg Raises

3×15

### HIIT Sprint Formations: Complete 20-30 Minutes - 60 Seconds ON, 60 Seconds OFF

- Sprint 60 Seconds at 7-10+ MPH
- Walk 60 Seconds at 2.5-3.5 MPH



# UNOFFICIAL BAKI WORKOUTS

---

## DOPPO OROCHI INSPIRED WORKOUT ROUTINE: DOPPO ENDURANCE AND HIIT

---

**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 \(Workout Included\)](#)



# UNOFFICIAL BAKI WORKOUTS

---

## DOPPO OROCHI INSPIRED WORKOUT ROUTINE: DAN KARATE UPPER BODY AND HIIT SPRINTS B

---

### Warm Up:

Walk 5-10 Minutes

Pull Ups

3×10

### Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Deadlifts

3×8, 5, 3

Military Press

3×12, 10, 8

Hammer Strength Decline Press

2×15

Hang Cleans

3×5

Dumbbell Curls

3×10, 8, 6 each arm

Machine Tricep Dips

3×12, 10, 8

### HIIT Sprint Formations: Complete 20-30 Minutes - 60 Seconds ON, 60 Seconds OFF

- Sprint 60 Seconds at 7-10+ MPH
- Walk 60 Seconds at 2.5-3.5 MPH





# UNOFFICIAL BAKI WORKOUTS

---

## DOPPO OROCHI INSPIRED WORKOUT ROUTINE: DAN KARATE LOWER BODY AND HIIT SPRINTS B

---

### Warm Up:

Walk 5-10 Minutes

Hamstring Kickbacks

2×15 each leg

### Workout:

Leg Press

2×15

3×12, 10, 8

Planks

Leg Press Calf Raises

3×60 seconds

3×12, 10, 8

Hyperextension

Straight Leg Deadlifts

3×12, 10, 8

3×12, 10, 8

**HIIT Sprint Formations: Complete  
20-30 Minutes - 60 Seconds ON,  
60 Seconds OFF**

Hack Squats

2×15

- Sprint 60 Seconds at 7-10+ MPH
- Walk 60 Seconds at 2.5-3.5 MPH



# UNOFFICIAL BAKI HANMA JUMP ROPE WORKOUT

---

## Training Volume:

One Day Per Week  
*(To Be Added Into Other Workouts)*

## 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.



# UNOFFICIAL BAKI WORKOUTS

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## THE BAKI HANMA INSPIRED JUMP ROPE WORKOUT

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### COMPLETE 3-5 ROUNDS:

Boxer Skips x 50

Explosive (Clap) Push Ups x 20

Boxer Skips x 50

Deadlift x 20 [225/135]

Boxer Skips x 50

Pull Ups x 20

Boxer Skips x 50

Bench Press x 20 [135/90]



## UNOFFICIAL MOHAMMAD ALAI JR. JUMP ROPE WORKOUT

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### Training Volume:

One Day Per Week  
*(To Be Added Into Other Workouts)*

### 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.



# UNOFFICIAL BAKI WORKOUTS

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## THE MOHAMMAD ALAI JR. INSPIRED JUMP ROPE WORKOUT

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### COMPLETE 3-5 ROUNDS:

Boxer Skip x 50

Shadowboxing x 30 Seconds

Boxer Skip x 50

Explosive Push Ups x 30

Boxer Skip x 50

Dips x 15

Boxer Skips x 50

Jump Squats x 20

Boxer Skip x 50

Pull Ups x 10



CONCLUSION:

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**THE BEGINNING  
OF YOUR JOURNEY**

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# CONCLUSION

## THE BEGINNING OF YOUR JOURNEY

**"WHAT'S FUTILE IS NOT REALIZING THE REALITY OF YOUR OWN  
FUTILITY. ONE HUNDRED COWARDS ARE THE SAME AS ONE."**

**- YUJIRO HANMA**

**This is hopefully the beginning of your transformation.**

*The true beginning of you unleashing your inner SuperHuman and unlocking  
The Superhero Physique.*

I want to take a second to acknowledge that and give you a bit of a pep-talk  
before you head out and start putting your new program to use.

I want you to know that this stuff works. I've programmed for hundreds and  
hundreds of people now, and this will get you towards your goal.

**That being said, it will only work if you put in the work.**

*The workouts aren't magic.*



**They're only one piece of The Pillars of Success** that we structure our transformations around at Superhero Jacked.

**Don't get me wrong, though, starting with any of these programs is a HUGE step in the right direction.**

I just want to make it very clear that if you want the FULL package and the FULL scope of what we do in order to build our Pillars of Success, you'll need to join us in [The Academy](#).

Please don't hesitate to email me for help regardless, and send me your progress: [mike@superherojacked.com](mailto:mike@superherojacked.com)

*Chat soon, and good luck!*

**Mike Romaine**

*SHJ's Nick Fury*

[SuperheroJacked.com](http://SuperheroJacked.com)

