

Toji Fushiguro Inspired Workout Routine

4x Week Training Program for Beginner-Intermediate Level

**"The strongest sorcerer who never was" - Toji
Fushiguro**

**Goal: Achieve Toji's Athletic, Lean,
and Powerful Physique**

Target Characteristics:

- Lean, defined muscle mass
- Athletic, functional strength
- Low body fat percentage
- Broad shoulders and chest
- Strong core and back
- Powerful legs

- Overall balanced, aesthetic physique

Program Overview

Frequency: 4 days per week

Rest Days: 3 days (recommended: Tuesday, Thursday, Sunday)

Level: Beginner to Intermediate

Duration: 8-12 weeks per phase

Training Split:

- Day 1: Upper Body Push (Chest, Shoulders, Triceps)
- Day 2: Lower Body & Core
- Day 3: Upper Body Pull (Back, Biceps)
- Day 4: Full Body & Conditioning

Version 1: Full Gym Access

Day 1: Upper Body Push

Warm-up (10 minutes):

- 5 minutes light cardio (treadmill/bike)

- Arm circles, shoulder mobility
- Light push-ups: 2 sets of 10

Main Workout:

1. **Bench Press** - 4 sets x 8-12 reps

Focus on controlled movement

Rest: 2-3 minutes

Recommended Weight: Start with 50-60% of your 1RM

Progressive Overload: Add 2.5-5kg when you can complete 12 reps on all sets

2. **Incline Dumbbell Press** - 3 sets x 10-12 reps

Rest: 2 minutes

Recommended Weight: Start with 12-16kg dumbbells each hand

Progressive Overload: Increase by 2kg when you can do 12 reps on all sets

3. **Military Press (Barbell)** - 3 sets x 8-10 reps

Rest: 2 minutes

Recommended Weight: Start with 30-40kg (including bar)

Progressive Overload: Add 2.5kg when you can complete 10 reps on all sets

4. **Lateral Raises** - 3 sets x 12-15 reps

Rest: 90 seconds

Recommended Weight: Start with 4-6kg dumbbells each hand

Progressive Overload: Increase by 1kg when you can do 15 reps on all sets

5. **Dips** - 3 sets x 8-12 reps

Rest: 2 minutes

Recommended Weight: Start with bodyweight, add weight belt when you can do 12 reps

Progressive Overload: Add 2.5-5kg when you can do 12 reps on all sets

6. **Tricep Extensions (Cable)** - 3 sets x 12-15 reps

Rest: 90 seconds

Recommended Weight: Start with 15-20kg on cable machine

Progressive Overload: Increase by 2.5kg when you can do 15 reps on all sets

Cool-down: 5 minutes stretching

Day 2: Lower Body & Core

Warm-up (10 minutes):

- 5 minutes light cardio
- Bodyweight squats: 2 sets of 15
- Hip mobility exercises

Main Workout:

1. **Squats (Barbell)** - 4 sets x 8-12 reps

Rest: 3 minutes

Recommended Weight: Start with 60-70% of your 1RM

Progressive Overload: Add 5kg when you can complete 12 reps on all sets

2. **Romanian Deadlifts** - 4 sets x 8-10 reps

Rest: 3 minutes

Recommended Weight: Start with 50-60% of your 1RM

Progressive Overload: Add 5kg when you can complete 10 reps on all sets

3. **Leg Press** - 3 sets x 12-15 reps

Rest: 2 minutes

Recommended Weight: Start with 80-100kg on machine

Progressive Overload: Add 10kg when you can do 15 reps on all sets

4. **Walking Lunges** - 3 sets x 12 reps each leg

Rest: 2 minutes

Recommended Weight: Start with 8-12kg dumbbells each hand

Progressive Overload: Increase by 2kg when you can do 12 reps each leg on all sets

5. **Calf Raises** - 4 sets x 15-20 reps

Rest: 90 seconds

Recommended Weight: Start with 40-60kg on machine or bodyweight

Progressive Overload: Add 5kg when you can do 20 reps on all sets

6. **Plank** - 3 sets x 60 seconds

Rest: 90 seconds

7. **Russian Twists** - 3 sets x 20 reps each side

Rest: 90 seconds

Cool-down: 5 minutes stretching

Day 3: Upper Body Pull

Warm-up (10 minutes):

- 5 minutes light cardio
- Arm circles, shoulder mobility
- Light band pull-aparts: 2 sets of 15

Main Workout:

1. **Pull-ups/Assisted Pull-ups** - 4 sets x 6-10 reps

Rest: 3 minutes

Recommended Weight: Start with assisted pull-ups or negative reps

Progressive Overload: Reduce assistance when you can do 10 reps, then add weight when you can do 10 bodyweight reps

2. **Barbell Rows** - 4 sets x 8-12 reps

Rest: 2-3 minutes

Recommended Weight: Start with 40-50kg (including bar)

Progressive Overload: Add 2.5kg when you can complete 12 reps on all sets

3. **Lat Pulldowns** - 3 sets x 10-12 reps

Rest: 2 minutes

Recommended Weight: Start with 50-60kg on machine

Progressive Overload: Add 5kg when you can do 12 reps on all sets

4. **Face Pulls** - 3 sets x 12-15 reps

Rest: 90 seconds

Recommended Weight: Start with 15-20kg on cable machine

Progressive Overload: Add 2.5kg when you can do 15 reps on all sets

5. **Bicep Curls (Barbell)** - 3 sets x 10-12 reps

Rest: 2 minutes

Recommended Weight: Start with 20-25kg (including bar)

Progressive Overload: Add 2.5kg when you can complete 12 reps on all sets

6. **Hammer Curls** - 3 sets x 12-15 reps each arm

Rest: 90 seconds

Recommended Weight: Start with 8-10kg dumbbells each hand

Progressive Overload: Increase by 1kg when you can do 15 reps on all sets

Cool-down: 5 minutes stretching

Day 4: Full Body & Conditioning

Warm-up (10 minutes):

- 5 minutes light cardio
- Dynamic stretching
- Light bodyweight exercises

Main Workout:

1. **Deadlifts** - 4 sets x 6-8 reps

Rest: 3-4 minutes

Recommended Weight: Start with 70-80% of your 1RM

Progressive Overload: Add 5kg when you can complete 8 reps on all sets

2. **Overhead Press** - 3 sets x 8-10 reps

Rest: 2-3 minutes

Recommended Weight: Start with 30-40kg (including bar)

Progressive Overload: Add 2.5kg when you can complete 10 reps on all sets

3. **Goblet Squats** - 3 sets x 12-15 reps

Rest: 2 minutes

Recommended Weight: Start with 16-20kg dumbbell

Progressive Overload: Increase by 2kg when you can do 15 reps on all sets

4. **Renegade Rows** - 3 sets x 8-10 reps each arm

Rest: 2 minutes

Recommended Weight: Start with 8-12kg dumbbells each hand

Progressive Overload: Increase by 2kg when you can do 10 reps each arm on all sets

5. **Burpees** - 3 sets x 10-15 reps

Rest: 2 minutes

Recommended Weight: Bodyweight exercise

Progressive Overload: Add push-up or increase reps when you can do 15 reps on all sets

6. **Mountain Climbers** - 3 sets x 30 seconds

Rest: 90 seconds

Recommended Weight: Bodyweight exercise

Progressive Overload: Increase duration to 45 seconds when you can do 30 seconds on all sets

Cool-down: 5 minutes stretching

Version 2: Home Workout (No Equipment)

Day 1: Upper Body Push

Warm-up (10 minutes):

- Jumping jacks: 2 minutes
- Arm circles: 1 minute each direction
- Light push-ups: 2 sets of 10

Main Workout:

1. **Push-ups** - 4 sets x 8-15 reps

Rest: 90 seconds

Recommended Weight: Bodyweight exercise

Progressive Overload: Increase reps to 20 when you can do 15 reps on all sets, then progress to diamond push-ups

2. **Diamond Push-ups** - 3 sets x 6-12 reps

Rest: 2 minutes

Recommended Weight: Bodyweight exercise

Progressive Overload: Increase reps to 15 when you can do 12 reps on all sets, then progress to pike push-ups

3. **Pike Push-ups** - 3 sets x 8-12 reps

Rest: 2 minutes

Recommended Weight: Bodyweight exercise

Progressive Overload: Increase reps to 15 when you can do 12 reps on all sets, then progress to handstand push-ups

4. **Decline Push-ups** - 3 sets x 6-10 reps

Rest: 2 minutes

Recommended Weight: Bodyweight exercise

Progressive Overload: Increase reps to 12 when you can do 10 reps on all sets, then increase decline height

5. **Tricep Dips (Chair)** - 3 sets x 8-12 reps

Rest: 2 minutes

Recommended Weight: Bodyweight exercise

Progressive Overload: Increase reps to 15 when you can do 12 reps on all sets, then progress to parallel bar dips

6. **Wall Handstand Hold** - 3 sets x 30-60 seconds

Rest: 2 minutes

Recommended Weight: Bodyweight exercise

Progressive Overload: Increase hold time to 90 seconds when you can do 60 seconds on all sets, then progress to freestanding handstand

Cool-down: 5 minutes stretching

Day 2: Lower Body & Core

Warm-up (10 minutes):

- Jumping jacks: 2 minutes
- Bodyweight squats: 2 sets of 15
- Hip circles: 1 minute each direction

Main Workout:

1. **Bodyweight Squats** - 4 sets x 20-30 reps

Rest: 90 seconds

2. **Jump Squats** - 3 sets x 15-20 reps

Rest: 2 minutes

3. **Lunges** - 3 sets x 12 reps each leg

Rest: 2 minutes

4. **Single-leg Glute Bridges** - 3 sets x 12 reps each leg

Rest: 90 seconds

5. **Calf Raises** - 4 sets x 20-25 reps

Rest: 60 seconds

6. **Plank** - 3 sets x 60-90 seconds

Rest: 90 seconds

7. **Russian Twists** - 3 sets x 20 reps each side

Rest: 90 seconds

8. **Mountain Climbers** - 3 sets x 30 seconds

Rest: 90 seconds

Cool-down: 5 minutes stretching

Day 3: Upper Body Pull

Warm-up (10 minutes):

- Jumping jacks: 2 minutes
- Arm circles: 1 minute each direction
- Light stretching

Main Workout:

1. **Pull-ups (if available) or Towel Rows** - 4 sets x 6-10 reps

Rest: 3 minutes

2. **Inverted Rows (Table/Chair)** - 4 sets x 8-12 reps

Rest: 2 minutes

3. **Superman Hold** - 3 sets x 30-45 seconds

Rest: 90 seconds

4. **Bird Dogs** - 3 sets x 10 reps each side

Rest: 90 seconds

5. **Wall Angels** - 3 sets x 10 reps

Rest: 90 seconds

6. **Prone Y-T-W Raises** - 3 sets x 10 reps each

Rest: 90 seconds

Cool-down: 5 minutes stretching

Day 4: Full Body & Conditioning

Warm-up (10 minutes):

- Jumping jacks: 2 minutes
- Dynamic stretching
- Light bodyweight exercises

Main Workout:

1. **Burpees** - 4 sets x 10-15 reps

Rest: 2 minutes

2. **Mountain Climbers** - 3 sets x 30 seconds

Rest: 90 seconds

3. **Jump Squats** - 3 sets x 15-20 reps

Rest: 2 minutes

4. **Push-up to Downward Dog** - 3 sets x 8-12 reps

Rest: 2 minutes

5. **Plank to Downward Dog** - 3 sets x 10 reps

Rest: 90 seconds

6. **High Knees** - 3 sets x 30 seconds

Rest: 90 seconds

7. **Bear Crawls** - 3 sets x 20 seconds

Rest: 90 seconds

Cool-down: 5 minutes stretching

Version 3: Dumbbells Only

Day 1: Upper Body Push

Warm-up (10 minutes):

- 5 minutes light cardio (jumping jacks, jogging in place)
- Arm circles, shoulder mobility
- Light push-ups: 2 sets of 10

Main Workout:

1. **Dumbbell Bench Press** - 4 sets x 8-12 reps

Rest: 2-3 minutes

Recommended Weight: Start with 12-16kg dumbbells each hand

Progressive Overload: Add 2kg when you can complete 12 reps on all sets

2. Dumbbell Incline Press - 3 sets x 10-12 reps*Rest: 2 minutes*

Recommended Weight: Start with 10-14kg dumbbells each hand

Progressive Overload: Add 2kg when you can do 12 reps on all sets

3. Dumbbell Shoulder Press - 3 sets x 8-10 reps*Rest: 2 minutes*

Recommended Weight: Start with 8-12kg dumbbells each hand

Progressive Overload: Add 2kg when you can complete 10 reps on all sets

4. Lateral Raises - 3 sets x 12-15 reps*Rest: 90 seconds*

Recommended Weight: Start with 4-6kg dumbbells each hand

Progressive Overload: Add 1kg when you can do 15 reps on all sets

5. Front Raises - 3 sets x 12-15 reps*Rest: 90 seconds*

Recommended Weight: Start with 4-6kg dumbbells each hand

Progressive Overload: Add 1kg when you can do 15 reps on all sets

6. Dumbbell Tricep Extensions - 3 sets x 12-15 reps*Rest: 90 seconds*

Recommended Weight: Start with 8-10kg dumbbell

Progressive Overload: Add 2kg when you can do 15 reps on all sets

7. **Dumbbell Flyes** - 3 sets x 12-15 reps

Rest: 90 seconds

Recommended Weight: Start with 6-8kg dumbbells each hand

Progressive Overload: Add 1kg when you can do 15 reps on all sets

Cool-down: 5 minutes stretching

Day 2: Lower Body & Core

Warm-up (10 minutes):

- 5 minutes light cardio
- Bodyweight squats: 2 sets of 15
- Hip mobility exercises

Main Workout:

1. **Dumbbell Squats** - 4 sets x 12-15 reps

Rest: 2-3 minutes

2. **Dumbbell Romanian Deadlifts** - 4 sets x 10-12 reps

Rest: 2-3 minutes

3. **Dumbbell Lunges** - 3 sets x 10 reps each leg

Rest: 2 minutes

4. **Dumbbell Step-ups** - 3 sets x 10 reps each leg

Rest: 2 minutes

5. **Dumbbell Calf Raises** - 4 sets x 15-20 reps

Rest: 90 seconds

6. **Dumbbell Russian Twists** - 3 sets x 20 reps each side

Rest: 90 seconds

7. **Dumbbell Plank Rows** - 3 sets x 8 reps each arm

Rest: 90 seconds

Cool-down: 5 minutes stretching

Day 3: Upper Body Pull

Warm-up (10 minutes):

- 5 minutes light cardio
- Arm circles, shoulder mobility
- Light band pull-aparts: 2 sets of 15

Main Workout:

1. **Dumbbell Rows** - 4 sets x 10-12 reps each arm

Rest: 2-3 minutes

2. **Dumbbell Pullovers** - 3 sets x 12-15 reps

Rest: 2 minutes

3. **Dumbbell Shrugs** - 3 sets x 12-15 reps

Rest: 90 seconds

4. **Dumbbell Reverse Flyes** - 3 sets x 12-15 reps

Rest: 90 seconds

5. **Dumbbell Bicep Curls** - 3 sets x 10-12 reps

Rest: 2 minutes

6. **Hammer Curls** - 3 sets x 12-15 reps each arm

Rest: 90 seconds

7. **Dumbbell Concentration Curls** - 3 sets x 10-12 reps
each arm

Rest: 90 seconds

Cool-down: 5 minutes stretching

Day 4: Full Body & Conditioning

Warm-up (10 minutes):

- 5 minutes light cardio

- Dynamic stretching
- Light bodyweight exercises

Main Workout:

1. **Dumbbell Deadlifts** - 4 sets x 8-10 reps

Rest: 3 minutes

2. **Dumbbell Thrusters** - 3 sets x 10-12 reps

Rest: 2-3 minutes

3. **Dumbbell Clean and Press** - 3 sets x 8-10 reps

Rest: 2-3 minutes

4. **Dumbbell Renegade Rows** - 3 sets x 8-10 reps each arm

Rest: 2 minutes

5. **Dumbbell Burpees** - 3 sets x 8-12 reps

Rest: 2 minutes

6. **Dumbbell Mountain Climbers** - 3 sets x 30 seconds

Rest: 90 seconds

Cool-down: 5 minutes stretching

Nutrition Guidelines

To Achieve Toji's Physique:

Protein: 1.6-2.2g per kg body weight

Carbs: 3-5g per kg body weight (adjust based on activity)

Fats: 0.8-1.2g per kg body weight

Key Principles:

- Eat in a slight caloric deficit for fat loss
- Prioritize protein with every meal
- Include complex carbs for energy
- Stay hydrated (2-3L water daily)
- Eat whole, unprocessed foods

Sample Meal Structure:

- Breakfast: Protein + complex carbs
- Lunch: Protein + vegetables + healthy fats
- Dinner: Protein + vegetables
- Snacks: Protein-rich options

Progression Guidelines

Week 1-4: Foundation Phase

- Focus on form and technique
- Use lighter weights, higher reps
- Build consistency and habit

Week 5-8: Strength Phase

- Increase weight, decrease reps
- Focus on progressive overload
- Add 5-10% weight when possible

Week 9-12: Power Phase

- Incorporate explosive movements
- Focus on strength-endurance
- Add conditioning elements

Recovery & Rest

Sleep: 7-9 hours per night

Rest Days: Active recovery (light walking, stretching)

Mobility: 10-15 minutes daily stretching

Recovery Techniques:

- Foam rolling
- Stretching

- Cold showers
 - Adequate sleep
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Tips for Success

1. **Consistency is Key:** Stick to the program for at least 8 weeks
 2. **Progressive Overload:** Gradually increase weight/reps
 3. **Form First:** Perfect technique before adding weight
 4. **Rest Adequately:** Don't skip rest days
 5. **Track Progress:** Keep a workout log
 6. **Stay Hydrated:** Drink water throughout the day
 7. **Get Enough Sleep:** Recovery is crucial for muscle growth
 8. **Be Patient:** Results take time and consistency
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Progressive Overload Guide

How to Progress Effectively:

1. Weight Progression (For Gym & Dumbbell Versions):

- **Compound Movements:** Add 2.5-5kg when you can complete the upper rep range on all sets
- **Isolation Movements:** Add 1-2kg when you can complete the upper rep range on all sets
- **Deadlifts & Squats:** Add 5kg when you can complete the upper rep range on all sets
- **Bench Press:** Add 2.5kg when you can complete 12 reps on all sets

2. Rep Progression (For Bodyweight Exercises):

- **Push-ups:** Increase reps by 5 when you can complete the upper rep range on all sets
- **Pull-ups:** Reduce assistance when you can do 10 reps, then add weight when you can do 10 bodyweight reps
- **Planks:** Increase hold time by 15 seconds when you can complete the upper time range on all sets
- **Bodyweight Squats:** Increase reps by 10 when you can complete the upper rep range on all sets

3. Exercise Progression (For Home Workout):

- **Push-ups → Diamond Push-ups → Pike Push-ups → Handstand Push-ups**
- **Assisted Pull-ups → Bodyweight Pull-ups → Weighted Pull-ups**
- **Chair Dips → Parallel Bar Dips → Weighted Dips**
- **Wall Handstand → Freestanding Handstand → Handstand Push-ups**

4. When to Progress:

- When you can complete the upper rep range on ALL sets for 2 consecutive workouts
- When your form remains perfect throughout all sets
- When you feel you could do 2-3 more reps on the last set
- When you've been at the same weight for 2-3 weeks

5. Progression Rules:

- **Form First:** Never sacrifice form for weight
- **Small Increments:** Increase weight by 2.5-5kg for compound movements
- **Consistency:** Progress only when you can complete all sets consistently
- **Patience:** Don't rush progression - better to stay at a weight longer than to progress too quickly

Equipment Recommendations

Version 1 (Gym):

- Full gym access
- Barbells, dumbbells, machines
- Pull-up bar
- Cable machines

Version 2 (Home):

- Pull-up bar (optional)
- Towels for rows
- Sturdy furniture for dips
- Open space for bodyweight exercises

Version 3 (Dumbbells):

- Adjustable dumbbells (recommended)
- Or multiple fixed-weight dumbbells
- Bench (optional but recommended)
- Pull-up bar (optional)

Progress Tracker

Start Date:

Target Date:

Current Weight:

Goal Weight:

Remember: Toji's physique represents functional strength, athleticism, and lean muscle mass. Focus on compound movements, progressive overload, and consistency. The journey to achieving this aesthetic requires dedication, proper nutrition, and patience.

Track your progress and adjust the program as needed based on your results and recovery.