

KATSUKI BAKUGO WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

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 insure 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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

KATSUKI BAKUGO WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

This routine revolves around building strength 4 days of the week and then Parkour training another 1-2 days per week to make yourself as versatile as Bakugo. The main portion will come to replicate his enhanced strength, but the cardio and calisthenics from the Parkour training will definitely help to lean you out like Bakugo 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.

Katsuki Bakugo Workout: Sample Workout Schedule

Monday: Chest and Triceps [Bench Press]

Tuesday: Back and Biceps [Deadlifts]

Wednesday: Calisthenics and Parkour Training

Thursday: Shoulders and Traps [Overhead Press]

Friday: Legs and Calves [Squats]

Saturday: Calisthenics and Parkour Training

Sunday: Rest Day

Katsuki Bakugo Workout: Chest and Triceps [Bench Press]

Warm Up:

5-15 Minute Jog

Main Compound Lift:

Bench Press (Barbell)

5×12-10-8-5-3

Accessory Work:

Incline (DB or BB) Dumbbell Press

4×10

Tricep Overhead Extension

4×10

Dumbbell Chest Flyes

4×10

Tricep Cable Pushdown

4×10

3 Round Blowout Circuit:

10 Standing Incline DB Chest Flyes (Both Arms Same Time)

10 DB Kickbacks (Each Arm)

Dips To Failure

Katsuki Bakugo Workout: Back and Biceps [Deadlift]

Warm Up:

5-15 Minute Jog

Main Compound Lift:

Deadlifts (Barbell)

5×12-10-8-5-3

Accessory Work:

Barbell Bent Over Rows

4×10

Preacher Curls

4×10

Lateral Pulldowns

4×10

Hammer Curls (Alternating DB)

4×10

3 Round Blowout Circuit:

10 Cable Straight Arm Pulldown

10 EZ Bar Curls

Chin Ups To Failure

Katsuki Bakugo Workout: Calisthenics and Parkour

For this section of the workout we're going to be utilizing [The Nightrunner Parkour](#) training that was a collab between [Academy](#) member Felix and myself.

This is the calisthenics portion:

75 Pull Ups

75 Hanging Leg Raises

100 Dips

100 Lunges

100 Sit Ups

150 Push Ups

150 Air Squats

These can be broken down into any number of sets/reps that are needed to complete the overall count.

The rest of the training can be found [here](#).

Katsuki Bakugo Workout: Shoulder and Traps [Overhead Press]

Warm Up:

5-15 Minute Jog

Main Compound Lift:

Overhead Press (Standing Barbell)

5×12-10-8-5-3

Accessory Work:

Barbell Shrugs

4×10

Barbell Power Cleans

4×10

Dumbbell Alternating Front Raises

4×10

Dumbbell Shrugs

4×10

3 Round Blowout Circuit:

10 Upright Rows

10 Kettlebell Swings

10 Plank to Push Ups

Katsuki Bakugo Workout: Legs and Calves [Back Squat]

Warm Up:

5-15 Minute Jog

Main Compound Lift:

Back Squats

5×12-10-8-5-3

Accessory Work:

Leg Press

4×10

Calf Raises on Leg Press

4×10

Hamstring Kickbacks or Curls

4x10

Quad/Leg Extension Machine

4x10

3 Round Blowout Circuit:

10 DB Weighted Lunges (Each Leg)

10 DB Weighted Bulgarian Split Squats (Each Leg)

Box Jumps to Failure