

# ICHIGO KUROSAKI WORKOUT ROUTINE



Bonus PDF File  
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# ICHIGO KUROSAKI WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

Mixed Martial Arts and Swordfighting are going to be additions to your training that you can choose to include, or not. For the sake of the cosplay and getting ripped to wear Ichigo Kurosaki's attire, we're going to stick to mainly calisthenics and cardio. Plus some extra intensity, of course...

## Difficulty Level:

Intermediate

*When we do our celebrity and character workouts we base the difficulty level off of their routines/their powers. For this one it's just a judgement call on how I believe we can best get you looking like each character. For that reason I'm providing a level for each.*

## 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.

# **Ichigo Kurosaki Cosplay Workout: Sample Workout Schedule**

**Monday:** Sprints, Calisthenics and Core A

**Tuesday:** Long Distance Cardio and Calisthenics Circuit A

**Wednesday:** Sprints, Calisthenics and Core B

**Thursday:** Long Distance Cardio and Calisthenics Circuit B

**Friday:** Sprints, Calisthenics and Core C

**Saturday:** Rest or Long Distance Cardio and Calisthenics Circuit C or MMA and Swordfighting

**Sunday:** Rest or MMA and Swordfighting

## **Ichigo Kurosaki Workout: Sprints, Calisthenics and Core A**

### **Sprints:**

20-30 Minutes of Sprints

Start with a 5 Minute Walk then move into your sprint pattern:

1. Sprint 30 Seconds (7-10+ MPH)
2. Walk 1 Minute and 30 Seconds (2-4 MPH)

Complete for 20-30 Minutes and then walk 5 Minutes to Cool Down.

### **Calisthenics:**

Push Ups:

Complete 200 in sets of 10-50 reps.

Dips

Complete 150 in sets of 10-30 reps.

Jumping Lunges

Complete 100 in sets of 10-30 reps.

Pull Ups

Complete 75 in sets of 5-15 reps.

Burpees

Complete 50 in sets of 5-25 reps.

**Core A:**

Hanging Leg Raises (Straight Leg if Possible)

3×25

Sit Ups

4×25

Forearm Plank:

3×60 seconds

## **Ichigo Kurosaki Workout: Long Distance Cardio and Calisthenics Circuit A**

I personally prefer to do my calisthenics circuit prior to doing long distance cardio, where I'm also the opposite when doing sprints and intense cardio (I prefer to do that before my regular calisthenics). Basically, I choose to get the high intensity work out of the way.

*You can do it in whichever order you personally prefer.*

### **Calisthenics Circuit A**

For our calisthenics circuits we're going to be utilizing some of our new circuits/video guides that Brandon has been doing for YouTube.

*For Circuit A we'll keep it in the anime family and start with Goku's!*

You can check out [The Goku Inspired Calisthenics Circuit](#) (with Video Guide) or complete the rest as follows:

### **5 Rounds for Time**

*Movements:*

100m Sprint

10 Lunges (Each Leg)

20 Side to Side Sit Ups

15 Pike Push Ups

20 Weighted Punches

1 Minute Heavy Bag

### **Long Distance Cardio**

Your long distance cardio is going to be built around your fitness level.

*Step it up a notch as you improve:*

**Beginner:** 1-3 mile jog

**Intermediate:** 2-4 mile jog

**Advanced:** 3-5+ mile jog

## **Ichigo Kurosaki Workout: Sprints, Calisthenics and Core B**

### **Sprints:**

20-30 Minutes of Sprints

Start with a 5 Minute Walk then move into your sprint pattern:

1. Sprint 30 Seconds (7-10+ MPH)
2. Walk 1 Minute and 30 Seconds (2-4 MPH)

Complete for 20-30 Minutes and then walk 5 Minutes to Cool Down.

### **Calisthenics:**

Push Ups:

Complete 200 in sets of 10-50 reps.

Dips

Complete 150 in sets of 10-30 reps.

Jumping Lunges

Complete 100 in sets of 10-30 reps.

Pull Ups

Complete 75 in sets of 5-15 reps.

Burpees

Complete 50 in sets of 5-25 reps.

**Core B:**

Lying Leg Raises

3×25

Cable Crunches

4×25

Plank to Push Ups

3×25

**Ichigo Kurosaki Workout: Long Distance Cardio and Calisthenics Circuit B**



I personally prefer to do my calisthenics circuit prior to doing long distance cardio, where I'm also the opposite when doing sprints and intense cardio (I prefer to do that before my regular calisthenics). Basically, I choose to get the high intensity work out of the way.

*You can do it in whichever order you personally prefer.*

## **Calisthenics Circuit B**

For our calisthenics circuits we're going to be utilizing some of our new circuits/video guides that Brandon has been doing for YouTube.

*Next on the list is Spidey's circuit! (Don't worry, we'll have some DC next)*

You can check out [The Spider-Man Inspired Calisthenics Circuit](#) (with Video Guide) or complete the rest as follows:

### **5 Rounds for Time**

*Movements:*

100m Sprint

10 Burpees

15 Incline Push Ups

25 Russian Twists

10 Spider-Man Push Ups (each side)

### **Long Distance Cardio**

Your long distance cardio is going to be built around your fitness level.

*Step it up a notch as you improve:*

**Beginner:** 1-3 mile jog

**Intermediate:** 2-4 mile jog

**Advanced:** 3-5+ mile jog

## **Ichigo Kurosaki Workout: Sprints, Calisthenics and Core C**

### **Sprints:**

20-30 Minutes of Sprints

Start with a 5 Minute Walk then move into your sprint pattern:

1. Sprint 30 Seconds (7-10+ MPH)
2. Walk 1 Minute and 30 Seconds (2-4 MPH)

Complete for 20-30 Minutes and then walk 5 Minutes to Cool Down.

### **Calisthenics:**

Push Ups:

Complete 200 in sets of 10-50 reps.

Dips

Complete 150 in sets of 10-30 reps.

Jumping Lunges

Complete 100 in sets of 10-30 reps.

Pull Ups

Complete 75 in sets of 5-15 reps.

Burpees

Complete 50 in sets of 5-25 reps.

**Core C:**

Hanging Leg Raises w/ Twist

3×26

Sit Ups w/ Side Twist

4×26

Side Planks

3×30 seconds each side

## **Ichigo Kurosaki Workout: Long Distance Cardio and Calisthenics Circuit C**

I personally prefer to do my calisthenics circuit prior to doing long distance cardio, where I'm also the opposite when doing sprints and intense cardio (I prefer to do that before my regular calisthenics). Basically, I choose to get the high intensity work out of the way.

*You can do it in whichever order you personally prefer.*

## **Calisthenics Circuit C**

For our calisthenics circuits we're going to be utilizing some of our new circuits/video guides that Brandon has been doing for YouTube.

*I promised DC, and you're getting Nightwing next!*

You can check out [The Nightwing Inspired Calisthenics Circuit](#) (with Video Guide) or complete the rest as follows:

### **5 Rounds for Time**

*Movements:*

20 Box Jumps

15 Pull Ups

25 Clap Push Ups

10 Ring Dips

15 TTBs (Toes to Bar)

### **Long Distance Cardio**

Your long distance cardio is going to be built around your fitness level.

*Step it up a notch as you improve:*

**Beginner:** 1-3 mile jog

**Intermediate:** 2-4 mile jog

**Advanced:** 3-5+ mile jog