

THE KIRISHIMA WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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THE KIRISHIMA WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to revolve this one around 4 days of strength training. With that we'll also be adding in HIIT training and optional parkour and/or endurance training to work on things Kirishima would need to while training to be a hero with the rest of Class 1A!

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.

Kirishima Workout: Sample Workout Schedule

Monday: Chest and Triceps

Tuesday: Legs and Calves

Wednesday: Active Rest Day or Endurance Training or Parkour

Thursday: Back and Biceps

Friday: Shoulders and Traps

Saturday: Active Rest Day or Endurance Training or Parkour

Sunday: Rest Day

Kirishima Workout: Chest and Triceps

Warm Up:

Push Ups

2×20

Dips

2×10

Pull Ups

2×5

Compound:

Bench Press

4×12,10,8,5

Workout:

Close Grip Bench Press

3×10

Incline Dumbbell Bench Press

3×12

Dumbbell Chest Flyes

3×10

Weighted Dips

4×8

HIIT Finisher:

3 Rounds for Time

10 Dumbbell Hex Press

10 Standing Dumbbell Incline Chest Flyes

10 Push Ups

Kirishima Workout: Legs and Calves

Warm Up:

Push Ups

2×20

Air Squats

2×10

Pull Ups

2×5

Compound:

Back Squat

4×12,10,8,5

Workout:

Leg Press

3×10

Hamstring Curls

3×12

Quad Extensions

3×10

Weighted Lunges

4×8 [each leg]

HIIT Finisher:

3 Rounds for Time

10 Goblet Squats

10 Box Jumps

10 Cable Pullthroughs

Kirishima Workout: Back and Biceps

Warm Up:

Push Ups

2×20

Air Squats

2×10

Pull Ups

2×5

Compound:

Deadlift

4×12,10,8,5

Workout:

Wide Grip Lateral Pulldown

3×10

Cable Rows (Close Grip)

3×12

Preacher Curls

3×10

Weighted Chin Ups

4×8

HIIT Finisher:

3 Rounds for Time

10 Barbell Bent Over Rows

10 Close to Wide Push Ups

10 Kettlebell Deadlifts

Kirishima Workout: Shoulders and Traps

Warm Up:

Push Ups

2×20

Dips

2×10

Pull Ups

2×5

Compound:

Overhead Press

4×12,10,8,5

Workout:

Barbell Shrugs

3×10

Barbell Hang Cleans

3×12

Dumbbell Front Raises

3×10

Handstand Push Ups

4×8

HIIT Finisher:

3 Rounds for Time

10 Kettlebell Swings

10 Pike Push Ups

10 Arnold Press

Kirishima Workout: Parkour and Endurance Resources

Thankfully for us, we already have some awesome resources for both parkour and endurance training right here on the site.

You can utilize these if you're looking to step your Kirishima training up a notch:

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Endurance Training Celeb + Character Programs:

- [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](#)