

KILLUA WORKOUT ROUTINE



Bonus PDF File
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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.

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KILLUA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

This one is going to be similar to Levi Ackerman's Workout that we saw not too long ago where we compile calisthenic circuits each day for you to utilize, but instead of focusing in on "Soldier Endurance" we're going to be utilizing specific HIIT workouts to build both our endurance and agility at the same time.

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.

Killua Workout Routine: Sample Workout Schedule

Monday: Calisthenics and Parkour A

Tuesday: HIIT Workout A

Wednesday: Calisthenics and Parkour B

Thursday: HIIT Workout B

Friday: Calisthenics and Parkour C

Saturday: Active Rest Day

Sunday: Rest Day

Killua Workout Routine: Calisthenics and Parkour A

Warm Up:

800m Jog

Workout: Complete 5 Round for Time

30 Air Squats

25 Push Ups

20 Dips

15 Sit Ups

10 Pull Ups

5 Double Unders

Parkour Training Resources:

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

Killua Workout Routine: HIIT Workout A

Feel free to switch these HIIT Workouts using [this guide](#).

Complete 5 Rounds

30 Jump Ropes

20 Air Squats

30 Jump Ropes

20 Plank Shoulder Taps

30 Jump Ropes

20 Plank to Push Ups

30 Jump Ropes

20 Sit Ups

Killua Workout Routine: Calisthenics and Parkour B

Warm Up:

800m Jog

Workout: Complete 3 Rounds for Time

50 Jumping Jacks

40 Sit Ups

30 Pike Push Ups

20 Half Burpees

10 Close to Wide Push Ups

Parkour Training Resources:

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

Killua Workout Routine: HIIT Workout B

Feel free to switch these HIIT Workouts using [this guide](#).

Complete 5 Rounds

30 Second Basic Skip

30 Second Reverse Superman Hold

30 Second Criss Cross Practice

30 Second Mountain Climbers

30 Second Alternating Foot Skip

30 Second Superman Hold

30 Second Double Unders (Scale to 3 Skips then Double Attempt, 3 Skips then Double Attempt)

30 Second Bicycle Crunches

Killua Workout Routine: Calisthenics and Parkour C

Warm Up:

800m Jog

Workout: Complete 1-2 Rounds for Time

25 Pull Ups

50 Push Ups

50 Sit Ups

50 Box Jumps

50 Lying Leg Raises

50 Dips

25 Pull Ups

Parkour Training Resources:

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