

# KIRITO SWORD ART ONLINE WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# KIRITO WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

For this one we're going to be building our training around 3 days of intense endurance and calisthenics intensity training with 2-3 other days being devoted to Parkour and Mixed Martial Arts resources directly from the site.

## 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.

## Kirito Workout Routine: Sample Workout Schedule

**Monday:** Calisthenics Circuit and Endurance A

**Tuesday:** Parkour and MMA

**Wednesday:** Calisthenics Circuit and Endurance B

**Thursday:** Parkour and MMA

**Friday:** Calisthenics Circuit and Endurance C

**Saturday:** Active Rest Day or more Parkour/MMA

**Sunday:** Rest Day

## **Kirito Workout Routine: Calisthenics Circuit and Endurance A**

### **Warm Up:**

Walk 400m

25 Jumping Jacks

25 High Knees

25 Butt Kickers

### **Circuit Training A: Complete 4 Rounds**

Run 800m

20 Jumping Lunges

15 Burpees

10 Explosive Push Ups

5 Pull Ups

### **Cooldown:**

Walk 400m

## **Kirito Workout Routine: Calisthenics Circuit and Endurance B**

## **Warm Up:**

Walk 400m

25 Jumping Jacks

25 High Knees

25 Butt Kickers

## **Circuit Training B: Complete 3 Rounds**

50 Alternating Skip

20 Half Burpees

50 Regular Skips

20 Planking Shoulder Taps

50 Alternating Skips

20 Air Squats

50 Regular Skips

20 Second L-Sit

## **Endurance Training:**

Run 3.1 Miles

## **Kirito Workout Routine: Calisthenics Circuit and Endurance C**

## **Warm Up:**

Walk 400m

25 Jumping Jacks

25 High Knees

25 Butt Kickers

## **Circuit Training C: Complete 3 Rounds**

20 Close to Wide Push Ups

20 In and Out Jumping Squats

20 Pike Push Ups

20 Box Jumps

20 Dips

## **Endurance Training: HIIT Sprints**

20 Minutes of "On and Off" Sprints

- 1 Minute ON: Sprint 6-10 MPH
- 1 Minute OFF: Walk 2.5-3 MPH

## **Kirito Workout Routine: Parkour and MMA Resources**

**Parkour Training Resources:**

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

### **Mixed Martial Arts Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)