

SHINRA KUSAKABE 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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SHINRA KUSAKABE WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For Shinra's strength paired with his toned, but slim physique it's a perfect opportunity for us to grow our [Calisthenics Workout Database](#) even more. We'll be training with four days a week devoted to two different calisthenics workouts and then one day per week devoted to an endurance run. It'll also be up to you to tack on additional mixed martial arts and/or parkour training which I will provide for you.

Explanation Part Two:

For those of you who may recognize this setup a bit: I'm using [Stephen Amell's Calisthenics Training](#) as inspiration for this one due to how strong he was able to get while staying lean and muscular like Kusakabe. It will be entirely different splits and broken down differently (as well as different add-on training and formatting), but the movements will be there.

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.

Shinra Kusakabe Workout Routine: Sample Workout Schedule

Monday: Calisthenics Training A

Tuesday: Calisthenics Training B

Wednesday: Long Distance Cardio

Thursday: Calisthenics Training A

Friday: Calisthenics Training B

Saturday: Active Rest Day

Sunday: Rest Day

Shinra Kusakabe Workout Routine: Calisthenics Training A

Warm Up:

800m Jog

Workout:

Regular Push-Ups

3×15

Bench Dips

3×10

Diamond Push-Ups

3×10

Handstand Push-ups (Or High Arch)

3×15

Lunges

3×15

Pistol Squats

3×10

Chin Ups

3×10

Finishing Cardio:

15-30 Minutes of HIIT

- [Best HIIT Workouts to Add to Your Training](#)

Shinra Kusakabe Workout Routine: Calisthenics Training B

Warm Up:

800m Jog

Workout:

Regular Push-Ups

3×15

Standard Pull Ups

3×10

Ring or Bar Dips

3×10

Air Squats

3×15

Lunges

3×15

Box Jumps

3×10

Wide Grip Chin Ups

3×5

Close Grip Chin Ups

3×5

Finishing Cardio:

15-30 Minutes of HIIT

- [Best HIIT Workouts to Add to Your Training](#)

Shinra Kusakabe Workout Routine: Long Distance Cardio

We're going to be basing your running on different performance levels and scale it up over time, but you can always scale higher by adding a weighted vest or a backpack as well.

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

You can also scale by breaking and walking at any point during your running.

Here are some other workouts to help you build up to longer runs:

- [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](#)
- [Post 5K Run Workout](#)

Shinra Kusakabe Workout Routine: MMA and Parkour 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](#)