

KAMINA WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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KAMINA WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

I'm going to program you four days of calisthenics and some light weight work per week and then it's your decision to do another two days of HIIT, cardio or MMA training to shred the extra fat and get shredded like Kamina.

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.

Kamina Workout Routine: Sample Workout Schedule

Monday: Calisthenics and Circuit A

Tuesday: Calisthenics and Circuit B

Wednesday: Optional HIIT, Cardio, Parkour or MMA

Thursday: Calisthenics and Circuit C

Friday: Calisthenics and Circuit D

Saturday: Optional HIIT, Cardio, Parkour or MMA

Sunday: Rest Day

Kamina Workout Routine: Calisthenics and Circuit A

Warm Up:

Walk/Jog 10 Minutes

Calisthenics:

3×8 Pull Ups

3×10 Tricep Dips

3×15 Air Squats

3×20 Push Ups

Circuit: 3 Rounds for Time

10 Jumping Lunges

10 Single Arm Kettlebell Swings

10 Wall Climbs

10 Half Burpees

Kamina Workout Routine: Calisthenics and Circuit B

Warm Up:

Walk/Jog 10 Minutes

Calisthenics:

3×8 Chin Ups

3×10 Chest Dips

3×15 Jump Squats

3×20 Close Push Ups

Circuit: 3 Rounds for Time

10 Skater Lunges

10 Single Arm Kettlebell Deadlifts

10 Inch Worms

10 Burpees

Kamina Workout Routine: Calisthenics and Circuit C

Warm Up:

Walk/Jog 10 Minutes

Calisthenics:

3×8 Wide Grip Pull Ups

3×10 Bench Dips

3×16 Pistol Squats

3×20 Wide Push Ups

Circuit: 3 Rounds for Time

10 Mountain Climbers

10 Single Arm Kettlebell Snatches

10 Lying Leg Raises

10 V-Ups

Kamina Workout Routine: Calisthenics and Circuit D

Warm Up:

Walk/Jog 10 Minutes

Calisthenics:

3×8 Typewriter Pull ups

3×10 Calisthenics Skull Crushers

3×15 Pause Squats

3×20 Close to Wide Push Ups

Circuit: 3 Rounds for Time

10 Hanging Leg Raises

10 Kettlebell Swings

10 Sit Ups

10 Goblet Squats

Kamina Workout Routine: HIIT, Parkour, Cardio and MMA Resources

HIIT Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

Running/Endurance Resources

- [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](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

Parkour Training Resources

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

MMA Training Resources:

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