

# INUYASHA WORKOUT ROUTINE



Bonus PDF File  
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# INUYASHA WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

I'm going to be splitting up our training 3 days a week to a basic weightlifting format and then 2 days a week to circuit and full body training with an extra push on endurance the other 2 days a week in the form of running, MMA or parkour with added resources I will add at the end.

## 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.

## Inuyasha Workout Routine: Sample Workout Schedule

**Monday:** Half Demon Strength Training A

**Tuesday:** Demon Full Body Work A

**Wednesday:** Half Demon Strength Training B

**Thursday:** Demon Full Body Work A

**Friday:** Half Demon Strength Training C

**Saturday:** Optional Endurance Work (With Bonus Resources)

**Sunday:** Optional Endurance Work (With Bonus Resources)

## **Inuyasha Workout Routine: Half Demon Strength Training A**

### **Warm Up:**

2×20 Jumping Jacks

2×20 Butt Kickers

2×20 High Knees

### **Workout:**

Incline Dumbbell Bench Press

3×10

Incline Dumbbell Chest Flyes

3×10

Skull Crushers

3×10

Arnold Press

3×10

**Finisher Quad Set:**

A. Incline Dumbbell Standing Chest Flyes

3×10

B. Kettlebell Swings (Can Swing DB)

3×10

C. Dumbbell Clean and Press

3×10

D. Push Ups

3×Failure

**Inuyasha Workout Routine: Half Demon Strength Training B**

**Warm Up:**

2×20 Jumping Jacks

2×20 Butt Kickers

2×20 High Knees

**Workout:**

Bent Over Dumbbell Rows

3×10 each arm

Wide Grip Lat Pulldowns

3×10

Standing EZ Bar Curls

3×10

Hammer Strength Curls with Rope/Cable

3×10

**Finisher Quad Set:**

A. Kettlebell Deadlifts (Or Romanian w/ DB)

3×10

B. DB Lateral Raises

3×10

C. Alternating DB Curls

3×10 total

D. Chin Ups

3xFailure

## **Inuyasha Workout Routine: Half Demon Strength Training C**

### **Warm Up:**

2x20 Jumping Jacks

2x20 Butt Kickers

2x20 High Knees

### **Workout:**

Back Squats

3x10

Leg Press

3x10

Hamstring Curls

3x10

Quad Extensions

3x10

### **Finisher Quad Set:**

A. Goblet Squat with DB or KB

3×10

B. Weighted Lunges

3×10

C. Cable Pullthroughs

3×10

D. Box Jumps

3×Failure

## **Inuyasha Workout Routine: Demon Full Body Work A**

### **Warm Up:**

800m Run

### **Workout:**

Hammer Strength Press

3×10

Bulgarian Split Squats



3×10

Wide Grip Cable Rows

3×10

Standing Dumbbell Front Raises

3×10

Cable Bicep Curls

3×10

Tricep Dips

3×10

## **Inuyasha Workout Routine: Demon Full Body Work B**

### **Warm Up:**

800m Run

### **Workout:**

Machine Chest Flyes

3×10

Reverse Cable Flyes

3×10

Close Stance Squats (Emphasis on Quads)

3×10

Hang Cleans

3×10

Concentration Curls

3×10 each arm

Cable Pushdowns

3×10

## **Inuyasha Workout Routine: Endurance, MMA, HIIT and Parkour Resources**

As we know Inuyasha has a TON of enhanced endurance, stamina and powers that make it so we will need to be pulling out some extra resources like mixed martial arts and parkour.

For your extra two days a week, contingent on you not overtraining yourself and feeling like you're still getting optimal recovery, you can pull from the resources below to add into your Inuyasha training.

### **HIIT Resources**

- [The Top HIIT Variations to Add to your Workout](#)

- [Jump Rope Workouts](#)

## **Running 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](#)