

AKIRA FUDO 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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AKIRA FUDO WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're training four days a week revolving around strength gain and then I'll also be providing bonus resources for HIIT, mixed martial arts, and even parkour.

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.

Akira Fudo Workout Routine: Sample Workout Schedule

Monday: Demon Strength Chest and Triceps

Tuesday: Demon Strength Back and Biceps

Wednesday: Active Rest Day or Bonus Training (Resources Provided)

Thursday: Demon Strength Shoulders and Traps

Friday: Demon Strength Legs and Calves

Saturday: Active Rest Day or Bonus Training (Resources Provided)

Sunday: Rest Day

Akira Fudo Workout Routine: Demon Strength Chest and Triceps

Warm Up:

800m Jog

Workout:

Incline Dumbbell Bench Press

4×15, 12, 10, 8

Close Grip Bench Press

4×15, 12, 10, 8

Tricep Cable Pushdown

3×10

Weighted Dips

3×10

Tricep Cable Kickbacks

3×10 each arm

Chest Flyes

3×10

Akira Fudo Workout Routine: Demon Strength Back and Biceps

Warm Up:

800m Jog

Workout:

Deadlift

4×15, 12, 10, 8

Preacher Curls

4×15, 12, 10, 8

Bent Over Rows

3×10

Wide Grip Pulldowns

3×10

Zottmon Curls

3×10

Chin Ups

3×10

Akira Fudo Workout Routine: Demon Strength Shoulders and Traps

Warm Up:

800m Jog

Workout:

Overhead Press

4×15, 12, 10, 8

Barbell Shrugs

4×15, 12, 10, 8

Power Cleans

3×10

Dumbbell Front Raises

3×10

Kettlebell Swings

3×10

Upright Rows

3×10

Akira Fudo Workout Routine: Demon Strength Legs and Calves

Warm Up:

800m Jog

Workout:

Back Squat

4×15, 12, 10, 8

Leg Press

4×15, 12, 10, 8

Weighted Lunges

3×10 each leg

Glute Bridges

3×10

Seated Calf Raises

3×10

Double Unders

3×25

Akira Fudo Workout Routine: Bonus Training Resources

HIIT Resources:

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

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](#)

Endurance Training 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](#)

Parkour Training Resources

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