

KEN KANEKI 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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KEN KANEKI WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

To unleash our inner ghoulish we're going to be utilizing 3 days of strength and endurance work and 2 days of speed and agility training.

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.

Ken Kaneki Workout Routine: Sample Workout Schedule

Monday: Ghoul-Like Strength and Endurance A

Tuesday: Dragon Form Speed and Agility A

Wednesday: Ghoul-Like Strength and Endurance B

Thursday: Dragon Form Speed and Agility B

Friday: Ghoul-Like Strength and Endurance C

Saturday: Rest Day

Sunday: Rest Day

Ken Kaneki Workout Routine: Ghoul-Like Strength and Endurance A

Warm Up:

10 Min Walk

Workout:

Tri Set One:

A. Kettlebell Swings

3×15

B. Push Ups

3×20

C. Dumbbell Single Arm Snatches

3×10 each arm

Tri Set Two:

A. Dumbbell Bench Press

3×15

B. Weighted Dips

3×10

C. Curl to Press w/ Dumbbells

3×10

Blowout:

A. Burpees

3×10

B. Close to Wide Push Ups

3xFailure

Endurance:

30-60 Minutes of Running

Ken Kaneki Workout Routine: Dragon Form Speed and Agility

A

Complete the Darth Maul Jump Rope Circuit:

COMPLETE 5 ROUNDS:

30 Jump Ropes

20 Air Squats

30 Jump Ropes

20 Plank Shoulder Taps

30 Jump Ropes

20 Plank to Push Ups

30 Jump Ropes

20 Sit Ups

Ken Kaneki Workout Routine: Ghoul-Like Strength and Endurance B

Warm Up:

10 Min Walk

Workout:

Tri Set One:

A. Bent Over Barbell Rows

3×15

B. Chin Ups

3×10

C. Box Jumps

3×10

Tri Set Two:

A. Preacher Curls

3×15

B. Wide Grip Cable Rows

3×10

C. Lateral Pulldowns

3×10

Blowout:

A. KB Deadlifts

3×10

B. Wide Grip Pull Ups

3xFailure

Endurance:

30-60 Minutes of Running

Ken Kaneki Workout Routine: Dragon Form Speed and Agility

B

Complete the Flash Jump Rope Circuit:

COMPLETE 5 ROUNDS:

High Knee Skip x 50

Half Burpee Kettlebell Swings x 15

Mountain Climbers x 50

Alternating Kettlebell Clean and Press x 15

Mountain Climbers x 50

Alternating Single Arm KB Deadlift x 20

High Knee Skip x 50

Kettlebell Clean and Press x 15

Sumo Deadlift High Pull w/ Kettlebell x 15

Ken Kaneki Workout Routine: Ghoulish Strength and Endurance C

Warm Up:

10 Min Walk

Workout:

Tri Set One:

A. Leg Press

3×15

B. Leg Press Calf Raises

3×10

C. Weighted Lunges

3×10

Tri Set Two:

A. Hack Squats

3×15

B. Seated Calf Raises

3×10

C. Glute Bridges

3×10

Blowout:

A. Bulgarian Split Squats

3×10

B. Jump Squats

3xFailure

Endurance:

30-60 Minutes of Running