

KENSHIRO WORKOUT ROUTINE



Bonus PDF File
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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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KENSHIRO WORKOUT ROUTINE

Training Volume: 5-6+ days per week

Explanation:

We're going to be working around 3 heavy strength training days in a push, pull, legs sequence, and then also

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.

Kenshiro Workout Routine: Sample Workout Schedule

Monday: Fist of The North Star Push Day

Tuesday: Kenshiro Parkour and MMA

Wednesday: Fist of The North Star Pull Day

Thursday: Kenshiro Parkour and MMA

Friday: Fist of The North Star Leg Day

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Kenshiro Workout Routine: Fist of The North Star Push Day

Warm Up:

Jump Rope

3×100

Compound Movements [Traditional Pyramid Training]

Bench Press

5×12, 10, 8, 5, 3

Overhead Press

5×12, 10, 8, 5, 3

**Complete these using Traditional Pyramid Training which you can learn more about [here](#).

You may also include an extra warm up set of 15 reps.

Accessory Lifts:

Incline Dumbbell Bench Press

3×12, 10, 8

Dumbbell Pullovers

3×10

Cable Shoulder Front Raises

3×10

Tricep Overhead Extension

3×10

Kenshiro Fist Finisher:

Complete 3 Rounds for Time:

Boxer Skip x 50

Dips x 20

Boxer Skip x 50

Explosive Push Ups x 20

Double Unders x 20

V-Ups x 20

Boxer Skips x 50

Mountain Climbers x 20

Kenshiro Workout Routine: Fist of The North Star Pull Day

Warm Up:

Jump Rope

3×100

Compound Movements [Traditional Pyramid Training]

Deadlift

5×12, 10, 8, 5, 3

Preacher Curls

5×12, 10, 8, 5, 3

**Complete these using Traditional Pyramid Training which you can learn more about [here](#).

You may also include an extra warm up set of 15 reps.

Accessory Lifts:

Dumbbell Rows

3×12, 10, 8 each arm

Zottman Curls

3×10

Reverse Back Extensions

3×10

Straight Arm Pulldowns [Cable]

3×10

Kenshiro Fist Finisher:

Complete 3 Rounds for Time:

Boxer Skip x 50

Close to Wide Push Ups x 20

Boxer Skip x 50

Chin Ups x 10

Double Unders x 20

Wide Pull Ups x 10

Boxer Skips x 50

Hanging Leg Raises x 20

Kenshiro Workout Routine: Fist of The North Star Leg Day

Warm Up:

Jump Rope

3×100

Compound Movements [Traditional Pyramid Training]

Back Squats

5×12, 10, 8, 5, 3

Leg Press

5×12, 10, 8, 5, 3

**Complete these using Traditional Pyramid Training which you can learn more about [here](#).

You may also include an extra warm up set of 15 reps.

Accessory Lifts:

Hack Squats

3×12, 10, 8 each arm

Quad Extensions

3×10

Hamstring Kickbacks

3×10

Weighted Step Ups

3×10 each leg

Kenshiro Fist Finisher:

Complete 3 Rounds for Time:

Boxer Skip x 50

KB Goblet Squats x 20

Boxer Skip x 50

Alternating Pistol Squats x 10

Double Unders x 20

KB Straight Leg Deadlift x 10

Boxer Skips x 50

Lying Leg Raises x 25

Kenshiro Workout Routine: Kenshiro Parkour and MMA

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](#)

Parkour Training Resources

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

Kenshiro Workout Routine: Bonus Training Resources

HIIT Resources:

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

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](#)