

KOROSENSEI WORKOUT ROUTINE



Bonus PDF File
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KOROSENSEI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training 3 days a week with weights and 2 days a week with speed and endurance work. These will compliment each other and help us live up to Korosensei's super speed while also making us strong enough to endure it!

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.

Korosensei Workout Routine: Sample Workout Schedule

Monday: Octopus Push Strength

Tuesday: Reaper Speed Training A

Wednesday: Octopus Pull Strength

Thursday: Reaper Speed Training A

Friday: Octopus Leg Strength

Saturday: Rest Day

Sunday: Rest Day

Korosensei Workout Routine: Octopus Push Strength

Warm Up:

Walk 5 Minutes

5×60 Second Springs

Cooldown 5 Minutes

Workout:

Bench Press

4×12, 10, 8, 5

Superset A

A. Seated Arnold Press

3×10

B. Kettlebell Sumo Deadlift High Pull

3×10

Superset B

A. Seated DB Overhead Press

3×10

B. DB Tricep Kickbacks

3×10 each arm

Blowout

A. Dips

3×10

B. Kettlebell Swings

3×15

C. Explosive Push Ups

3xFailure

Korosensei Workout Routine: Reaper Speed Training A

Speed and Endurance Work: 6->1 Minute Ladder Work

- 6 Minutes at 3-5MPH
- 5 Minutes at 4-5MPH
- 4 Minutes at 5-6MPH

- 3 Minutes at 6-7MPH
- 2 Minutes at 7-8MPH
- 1 Minute at 8+MPH

Korosensei Workout Routine: Octopus Pull Strength

Warm Up:

Walk 5 Minutes

5×60 Second Springs

Cooldown 5 Minutes

Workout:

Deadlift

4×12, 10, 8, 5

Superset A

A. Bench Over Rows

3×10

B. Wide Push Ups

3×10

Superset B

A. Curl to Press

3×10

B. Preacher Curls

3×Failure

Blowout

A. Chin Ups

3×10

B. Cable Rows

3×15

C. Lateral Pulldowns

3×Failure

Korosensei Workout Routine: Reaper Speed Training B

Speed and Endurance Work: "On and Off" Sprints

- Complete 20-30 Minutes
- ON: 30-60 Second Sprint at 80-90+%
- OFF: 60-90 Second Walk/Cooldown

- Cooldown should be 60 seconds for 60 second sprint and 90 seconds for 30 second sprint, but 30 second sprints should be more intense.

Korosensei Workout Routine: Octopus Leg Strength

Warm Up:

Walk 5 Minutes

5×60 Second Springs

Cooldown 5 Minutes

Workout:

Back Squats

4×12, 10, 8, 5

Superset A

A. Leg Press

3×10

B. Box Jumps

3×10

Superset B

A. Hamstring Curls

3×10

B. Weighted Lunges

3×10 each leg

Blowout

A. Bulgarian Split Squats

3×10 each leg

B. Hip Thrusts

3×15

C. Air Squats

3×Failure