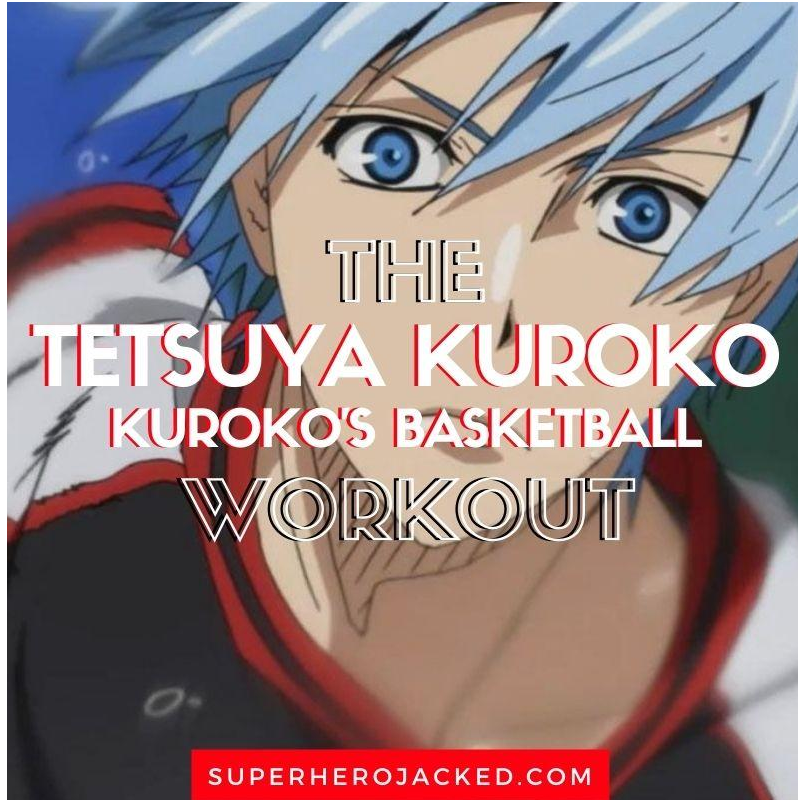


TETSUYA KUROKO WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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TETSUYA KUROKO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with calisthenics to get a lean and toned physique like Kuroko, while also looking to build up our endurance for basketball as well as dominate and increase our speed and strength. We'll be using three days of calisthenics and circuit training and then two days devoted to running.

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.

Tetsuya Kuroko Workout Routine: Sample Workout Schedule

Monday: Kuroko Calisthenics and Circuit A

Tuesday: Basketball Endurance Training

Wednesday: Kuroko Calisthenics and Circuit B

Thursday: Basketball Endurance Training

Friday: Kuroko Calisthenics and Circuit C

Saturday: Optional HIIT or Extra Endurance Training

Sunday: Mandatory Rest Day

Tetsuya Kuroko Workout Routine: Kuroko Calisthenics and Circuit A

Warm Up:

High Knees

2×25

Butt Kickers

2×25

Jumping Jacks

2×25

Workout:

Push Ups

3×25

Air Squats

3×20

Dips

3×15

Chin Ups

3×10

Kuroko Circuit A: Complete 3 Rounds

30 Second Sprint

5 Burpees

10 Planking Shoulder Taps

15 Jump Squats

20 Close to Wide Push Ups

Tetsuya Kuroko Workout Routine: Basketball Endurance Training

I will be adding endurance training and high intensity interval training resources below, but for this section I'll be building it around your fitness level.

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

Tetsuya Kuroko Workout Routine: Kuroko Calisthenics and Circuit B

Warm Up:

High Knees

2×25

Butt Kickers

2×25

Jumping Jacks

2×25

Workout:

Push Ups

3×25

Air Squats

3×20

Dips

3×15

Chin Ups

3×10

Kuroko Circuit B: Complete 5 Rounds

10 Sit Ups

5 Half Burpees

10 Box Jumps

5 Half Burpees

10 Lying Leg Raises

Tetsuya Kuroko Workout Routine: Basketball Endurance Training

I will be adding endurance training and high intensity interval training resources below, but for this section I'll be building it around your fitness level.

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

Tetsuya Kuroko Workout Routine: Kuroko Calisthenics and Circuit C

Warm Up:

High Knees

2×25

Butt Kickers

2×25

Jumping Jacks

2×25

Workout:

Push Ups

3×25

Air Squats

3×20

Dips

3×15

Chin Ups

3×10

Kuroko Circuit C: Complete 2 Rounds

50 Double Unders

40 Mountain Climbers

30 Second Plank

20 Jumping Lunges

10 Plank to Push Ups

Tetsuya Kuroko 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](#)
- [How To Continue Training After a 5K \(Workout Included\)](#)