

YUURI KATSUKI 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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YUURI KATSUKI WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to train using 3 days of calisthenics training, cardio and core work and then another two days of long distance cardio that will build our endurance and emphasize the fat burn to keep our lean and toned physique like Yuuri.

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.

Yuuri Workout Routine: Sample Workout Schedule

Monday: Endurance, Calisthenics and Core Work

Tuesday: Long Distance Endurance Work

Wednesday: Endurance, Calisthenics and Core Work

Thursday: Long Distance Endurance Work

Friday: Endurance, Calisthenics and Core Work

Saturday: Optional Dance, Yoga, and/or Pilates

Sunday: Mandatory Rest Day

Yuuri Workout Routine: Endurance, Calisthenics and Core Work

Endurance Training:

Complete 30-60 Minutes of Varied Cardio at a Moderate Intensity Level:

- Treadmill
- Bike
- Row
- Swim
- Elliptical

Cardio can be completely before or after your calisthenics and core work and can be done in 10-15 minute intervals with multiple exercise types, or using a single style.

Calisthenics:

Push Ups

4x25

Air Squats

4x25

Dips

4x15-20

Pull Ups or Pike Push Ups

4x10-15

Core Work:

Sit Ups

4x25

Lying Leg Raises with Hip Thrust

4x20

Planks

3x60 Seconds

Yuuri Workout Routine: Long Distance Endurance Work

This long distance endurance work is something you're going to build up and work on over time.

To start out it might only be 1-2 miles walking and running on and off, but as you build up your endurance you'll slowly work up to 5+ miles of running each time.

I will provide more resources to help below.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 Your First 5K \(Workout Included\)](#)