

KURAPIKA WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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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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KURAPIKA WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we'll be training with 3 days of weights and calisthenics combining basic training and supersets and then another 2 days a week will be endurance training and HIIT to round it out. Your parkour and mixed martial arts resources will need to be added in on top if you'd like to work on them.

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.

Kurapika Workout Routine: Sample Workout Schedule

Monday: Kurta Clan Push Day

Tuesday: Hunter Endurance

Wednesday: Kurta Clan Pull Day

Thursday: Weighted Vest HIIT Circuit

Friday: Kurta Clan Leg Day

Saturday: Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

Sunday: Mandatory Rest Day

Kurapika Workout Routine: Kurta Clan Push Day

Warm Up:

800m Run

Superset One:

A. Incline Dumbbell Bench Press

3×10

B. Diamond Push Ups

3×20

Superset Two:

A. Seated Military Press

3×10

B. Regular Push Ups

3×20

Superset Three:

A. Tricep Overhead Extension

3×10

B. Dips

3×20

Superset Four:

A. Sit Ups

3×20

B. Flutter Kicks

3×50

Kurapika Workout Routine: Hunter Endurance

For your Hunter Endurance you're going to be running based on your fitness level like we normally program for running in our character workouts.

I'll also be providing you some resources that'll help you work your way up if needed.

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5-10+ Mile Run

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

Kurapika Workout Routine: Kurta Clan Pull Day

Warm Up:

800m Run

Superset One:

A. DB or KB Deadlifts

3×10

B. Wide Push Ups

3×20

Superset Two:

A. Bent Over Barbell or DB Rows

3×10

B. Superman Hold

3×30 seconds

Superset Three:

A. Bicep Curls

3×10

B. Chin Ups

3×10

Superset Four:

A. V-Ups

3×20

B. Russian Twists

3×20

Kurapika Workout Routine: Weighted Vest HIIT Circuit

Remember when I mentioned Kurapika's weighted vest training to visit Killua?

Well it's time for you to throw on a 20-50 lb. weighted vest!

Complete 4 Rounds:

Run 400m

40 Air Squats

30 Push Ups

20 Dips

10 Push Ups

Kurapika Workout Routine: Kurta Clan Leg Day

Warm Up:

800m Run

Superset One:

A. Goblet Squat

3×10

B. Box Jumps

3×20

Superset Two:

A. Weighted Lunges

3×10 each leg

B. Glute Bridges

3×20

Superset Three:

A. Split Squats

3×10 each leg

B. Weighted Calf Raises

3×20

Superset Four:

A. Bicycle Crunches

3×20

B. Lying Leg Raises

3×20

Kurapika Workout Routine: Bonus Training Resources

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](#)

HIIT Resources:

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