

KRILLIN

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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KRILLIN WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with three days of calisthenics training and two days of high intensity interval and calisthenics training. We'll train upper, lower and full body basic calisthenics and endurance training and then the HIIT will combine essentially combine the two.

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.

Krillin Workout Routine: Sample Workout Schedule

Monday: Z Fighter Upper Body Calisthenics

Tuesday: Destructo Disc HIIT Day One

Wednesday: Z Fighter Lower Body Calisthenics

Thursday: Destructo Disc HIIT Day Two

Friday: Z Fighter Full Body Calisthenics

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

Sunday: Mandatory Rest Day

Krillin Workout Routine: Z Fighter Upper Body Calisthenics

Warm Up:

1-3 Mile Jog

Workout:

Push Ups

4x25

Dips

4x20

Plank to Push Ups

4x15

Wall Climbs

4x10

Core:

L-Sit Hold

4x30 Seconds

Sit Ups

4x30

Lying Leg Raises

4x20

Krillin Workout Routine: Destructo Disc HIIT Day One

Complete 5 Rounds:

50 Jumping Jacks

20 Explosive Push Ups

50 Mountain Climbers

20 Bench Dips

50 Jumping Jacks

20 Alternating Pistol Squats

50 Mountain Climbers

20 Pike Push Ups

Krillin Workout Routine: Z Fighter Lower Body Calisthenics

Warm Up:

1-3 Mile Jog

Workout:

Air Squats

4x25

Lunges

4x20

Glute Bridges

4x15

3 Point Squats

4x10

Core:

Hollow Hold

4x30 Seconds

V-Ups

4x30

Flutter Kicks

4x50

Krillin Workout Routine: Destructo Disc HIIT Day Two

Complete 2 Rounds:

800 Meter Run

50 Flutter Kicks

50 Wide Push Ups

50 Wide Squats

50 Close Push Ups

50 Wide Squats

50 Slow Crunches

Krillin Workout Routine: Z Fighter Full Body Calisthenics

Warm Up:

1-3 Mile Jog

Workout:

Close to Wide Push Ups

4×25

Jump Squats

4×20

Half Burpees

4×15

Chin Ups

4×10

Core:

Superman Hold

4×30 Seconds

Bicycle Crunches

4×50

Hanging Leg Raises

4×25

Krillin Workout: Additional 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](#)

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 \(Workout Included\)](#)

HIIT Resources:

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