

LIGHT YAGAMI WORKOUT ROUTINE



Bonus PDF File
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LIGHT YAGAMI WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

You're going to have an extremely basic calisthenics workout to complete based on your overall experience level with training, and also a couple of days of cardio that can be done in a bunch of optional formats. We don't have any powers to mimic here, but we are looking to tone up a bit while losing weight to be able to cosplay as Light Yagami.

It can also be noted that JUST doing cardio and dieting would also get you to a super slim aesthetic like Light, but I prefer to give you some calisthenics for toning as well.

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.

Light Yagami Workout Routine: Sample Workout Schedule

Monday: Light Calisthenics Training

Tuesday: Death Note Cardio

Wednesday: Light Calisthenics Training

Thursday: Death Note Cardio

Friday: Light Calisthenics Training

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Light Yagami Workout Routine: Light Calisthenics Training

The reps of which you are going to be doing each of your calisthenics movements will be based on your experience level with training/exercise overall.

For example, I'll give you 3 different total rep counts for each movement which will be for Beginner, Intermediate and Advanced Training Levels.

It is your job to complete all of the given reps using any amount of sets, supersets, or even circuit style training as you'd like.

(If you have 50 push ups you can do 5 sets of 10, or 2 sets of 25, or even superset it with other movements)

Calisthenics Work:

Push Ups:

Beginner: 50 reps

Intermediate: 100 reps

Advanced: 150 reps

Air Squats:

Beginner: 50 reps

Intermediate: 100 reps

Advanced: 150 reps

Sit Ups:

Beginner: 40

Intermediate: 70

Advanced 100

Lying Leg Raises:

Beginner: 40

Intermediate: 70

Advanced 100

Dips:

Beginner: 30

Intermediate: 50

Advanced: 100

Pull Ups or Chin Ups:

Beginner (Pike Push Ups): 30

Intermediate: 40-50 (depending on scaling)

Advanced: 75

Light Yagami Workout Routine: Death Note Cardio

I'm going to share other resources you can do for this section of training below, but to begin we'll be following a similar structure to that of the calisthenics.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

This can be done walking and running on and off, or even just one or the other to get started.

You can also substitute biking, rowing, swimming or elliptical training; but if you opt for the bike then do triple the required distances.

BONUS ALTERNATIVE TRAINING RESOURCES:

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](#)

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](#)