

# MEGUMI FUSHIGURO WORKOUT ROUTINE



Bonus PDF File  
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# KATARA WORKOUT ROUTINE

## Training Volume:

4 days per week

## Explanation:

Being that our focus is on strength and speed while keeping a lean and toned aesthetic we're going to be working around a typical 4 day split of weight training with the optional additional training coming from things like MMA, parkour, endurance work and HIIT.

## 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.

## Megumi Fushiguro Workout Routine: Sample Workout Schedule

**Monday:** Rank 2 Sorcerer Chest and Triceps

**Tuesday:** Rank 2 Sorcerer Legs, Calves and Core

**Wednesday:** Active Off Day (Or Optional Additional Training)

**Thursday:** Rank 2 Sorcerer Shoulders, Traps and Core

**Friday:** Rank 2 Sorcerer Back and Biceps

**Saturday:** Active Off Day (Or Optional Additional Training)

**Sunday:** Mandatory Rest Day

## **Megumi Fushiguro Workout Routine: Rank 2 Sorcerer Chest and Triceps**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Incline Bench Press

4×12, 10, 8, 5

Close Grip Bench

3×10

Skull Crushers

3×10

Chest Flyes

3×12

Dumbbell Pullovers

3×10

Overhead Tricep Extension

3×10

Weighted Dips

3×5-10

## **Megumi Fushiguro Workout Routine: Rank 2 Sorcerer Legs, Calves and Core**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Back Squat

4×12, 10, 8, 5

Leg Press

3×10

Calve Raises on Leg Press

3×10

Hamstring Curls

3×12

Hack Squat

3×10

Hanging Leg Raises

3×20

Cable Crunches

3×20

## **Megumi Fushiguro Workout Routine: Rank 2 Sorcerer Shoulders, Traps and Core**

### **Warm Up:**

10 Minute Incline Walk

### **Workout:**

Overhead Press

4×12, 10, 8, 5

Barbell Shrugs

3×10

Dumbbell Clean and Press

3×10

Cable Single Arm Front Raises

3×12 each arm

Dumbbell Lateral Raises

3×10

Lying Leg Raises into Flutter Kick Blowout

3×20 -> Flutter Kick Failure

Sit Ups with Twist

3×30

**Megumi Fushiguro Workout Routine: Rank 2 Sorcerer Back and Biceps**

## **Warm Up:**

10 Minute Incline Walk

## **Workout:**

Trap Bar Deadlifts

4×12, 10, 8, 5

Bent Over Rows

3×10

Face Pulls

3×10

Overhead Cable Curls

3×10

Zottmon Curls

3×12

Wide Grip Lateral Pulldowns

3×15

Chin Ups



3xFailure

## Megumi Fushiguro Workout Routine: Optional Training Resources

### MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

### 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](#)

### HIIT Resources:

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