

SHINOBU KOCHO WORKOUT ROUTINE



Bonus PDF File
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SHINOBU KOCHO WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

As I mentioned above we're going to be training with weights, endurance work and HIIT. For this we'll be utilizing 4 days of training with weights and HIIT finishers and then 1-2 days of either endurance work, parkour, MMA or a mixture of the three.

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.

Shinobu Kocho Workout Routine: Sample Workout Schedule

Monday: Demon Slayer Chest, Triceps and HIIT

Tuesday: Demon Slayer Legs, Calves and Core

Wednesday: Optional Insect Hashira Endurance, Parkour and/or MMA

Thursday: Demon Slayer Shoulders, Traps and Core

Friday: Demon Slayer Back, Biceps and HIIT

Saturday: Optional Insect Hashira Endurance, Parkour and/or MMA

Sunday: Mandatory Rest Day

Shinobu Kocho Workout Routine: Demon Slayer Chest, Triceps and HIIT

Warm Up:

5-10 Minute Jog

Triset One:

A. Incline Dumbbell Press

3×10

B. Incline Chest Flyes

3×10

C. Decline Push Ups

3×10

Triset Two:

A. Tricep Cable Pushdowns (with Rope)

3×10

B. Tricep Cable Overhead Extension (with Rope)

3×10

C. Dips

3×10

HIIT Finisher: Complete 2 Rounds

30 Jumping Jacks

25 Kettlebell Swings

25 Jumping Jacks

20 Planking Shoulder Taps

20 Jumping Jacks

15 Mountain Climbers

15 Jumping Jacks

10 Plank to Push Ups

10 Jumping Jacks

5 Burpees

5 Jumping Jacks

Shinobu Kocho Workout Routine: Demon Slayer Legs, Calves and Core

Warm Up:

5-10 Minute Jog

Triset One:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

C. Weighted Lunges

3×10 each leg

Triset Two:

A. Goblet Squats

3×10

B. Cable Pullthroughs

3×10

C. Glute Bridges (Weighted)

3×10

Triset Three:

A. Sit Ups

3×20

B. Hanging Leg Raises

3×15

C. Russian Twists

3×20

Shinobu Kocho Workout Routine: Demon Slayer Back, Biceps and HIIT

Warm Up:

5-10 Minute Jog

Triset One:

A. Bent Over Rows

3×10

B. Lateral Raises

3×10

C. Wide Grip Pull Ups or Pulldowns

3×10

Triset Two:

A. Hammer Curls with Rope

3×10

B. Alternating Bicep Curls

3×10

C. Chin Ups

3×10

HIIT Finisher: Complete 3 Rounds

50 Toe Taps onto KB or DB

30 Alternating Single Arm KB Deadlifts (15 each)

50 Toe Taps

30 Sit Ups

50 Toe Taps

30 Wide Push Ups

Shinobu Kocho Workout Routine: Demon Slayer Shoulders, Traps and Core

Warm Up:

5-10 Minute Jog

Triset One:

A. Overhead Press

3×10

B. Upright Rows

3×10

C. Front Raises (Cable or DB)

3×10

Triset Two:

A. Hang Cleans

3×10

B. Light Arnold Press

3×10

C. Dumbbell Shrugs

3×10

Triset Three:

A. V-Ups

3×20

B. Lying Leg Raises

3×20

C. Side Planks

3×30 seconds each side

Shinobu Kocho Workout Routine: Optional Alternative 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](#)