

# CHROLLO LUCILFER WORKOUT ROUTINE



Bonus PDF File  
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# CHROLLO LUCILFER WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

To train to become Chrollo Lucilfer we're going to be using a PPL Split (Push/Pull/Legs) that will consist of three days and then another 2 days devoted to High Intensity Interval Training which will really hit calisthenics and core a bit more and increase our overall acrobatic ability.

## 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

## Chrollo Lucilfer Workout Routine: Sample Workout Schedule

**Monday:** Phantom Troupe Pull Day

**Tuesday:** Gang of Thieves HIIT A

**Wednesday:** Phantom Troupe Push Day

**Thursday:** Massive Marine Shoulder Day

**Friday:** Gang of Thieves HIIT B

**Saturday:** Active Rest Day or Optional Additional Training w/ Resources

**Sunday:** Mandatory Rest Day

## **Chrollo Lucilfer Workout Routine: Phantom Troupe Pull Day**

### **Warm Up:**

Walk/Run 10 Minutes

### **Workout:**

Deadlifts

3×12, 10, 8

Bent Over Barbell Rows

3×12, 10, 8

EZ Bar Curls

3×12, 10, 8

### **Superset A:**

A. Wide Grip Lateral Pulldowns

3×10

B. Reverse Cable Flyes

3×10

**Superset B:**

A. Hammer Curls

3×10 each arm

B. Chin Ups

3×10

**Superset C:**

A. Sit Ups

3×25

B. Hanging Leg Raises

3×20

**Chrollo Lucilfer Workout Routine: Gang of Thieves HIIT A**

**Warm Up:**

20 Jumping Jacks

20 High Knees

20 Butt Kicks

**Workout: Complete 2 Rounds**

800m Run

100 Push Ups

75 Sit Ups

50 Dips

25 Pull Ups

**Chrollo Lucilfer Workout Routine: Phantom Troupe Push Day**

**Warm Up:**

Walk/Run 10 Minutes

**Workout:**

Incline Dumbbell Bench Press

3×12, 10, 8

Seated Overhead Dumbbell Press

3×12, 10, 8

## Standing Dumbbell Overhead Tricep Extension

3×12, 10, 8

### **Superset A:**

A. Chest Press

3×10

B. Chest Flyes

3×10

### **Superset B:**

A. Cable Pushdowns

3×10

B. Cable Kickbacks

3×10 each arm

### **Superset C:**

A. Lateral Raises

3×10

B. Barbell Shrugs

3xFailure

## **Chrollo Lucilfer Workout Routine: Gang of Thieves HIIT B**

### **Warm Up:**

20 Jumping Jacks

20 High Knees

20 Butt Kicks

### **Workout: Complete 3-5 Rounds**

50 Jumping Jacks

25 Push Ups

50 Mountain Climbers

20 Close to Wide Squats

50 Toe Taps onto Stair/KB/DB

15 Plank to Push Ups

50 High Knees

10 Wall Climbs

## **Chrollo Lucilfer Workout Routine: Phantom Troupe Leg Day**



## **Warm Up:**

Walk/Run 10 Minutes

## **Workout:**

Back Squats

3×12, 10, 8

Glute Bridges

3×12, 10, 8

Cable Pullthrough

3×12, 10, 8

## **Superset A:**

A. Leg Press

3×10

B. Calf Raise on Leg Press

3×10

## **Superset B:**

A. Hamstring Curls

3×10

B. Quad Extensions

3×10

### **Superset C:**

A. Cable Crunches

3×20

B. Lying Leg Raises with Hip Thrust

3×20

## **Chrollo Lucilfer Workout Routine: Optional Additional Training Resources**

### **Parkour Training Resources:**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### **Optional Alternative Training:**

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

## **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 \(Workout Included\)](#)

## **Main MMA Training Resources**

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

## **Other MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)