

# KAGUYA WORKOUT ROUTINE



Bonus PDF File  
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# KAGUYA WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

Like Hagoromo we're going to be training with weights 3 days a week using a PPL (Push, Pull, Legs) Split, and then we'll have 2 days devoted to calisthenics, core and either parkour or MMA – followed up with a day devoted to endurance work. There will be a couple swaps to increase the overall volume to account for Kaguya's power level as well as consider we're looking to train from a female perspective (although it can be used by any gender – just like the rest of our workouts).

## 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.

## Kaguya Workout Routine: Sample Workout Schedule

**Monday:** God-Like Push Day and HIIT

**Tuesday:** Calisthenics and Core A with Optional Parkour and/or MMA

**Wednesday:** God-Like Pull Day and HIIT

**Thursday:** Calisthenics and Core B with Optional Parkour and/or MMA

**Friday:** God-Like Leg Day and HIIT

**Saturday:** Shinobi Endurance Training

**Sunday:** Mandatory Rest Day

## **Kaguya Workout Routine: God-Like Push Day and HIIT**

### **Warm Up:**

10 Minute Walk/Run

### **Workout:**

Incline Dumbbell Bench Press

4×12, 10, 8, 5

Overhead Press

4×12, 10, 8, 5

Seated Tricep Overhead Extension

4×12, 10, 8, 5

Kettlebell Swings

4×12, 10, 8, 5

### **HIIT: Complete 3 Rounds**

25 Jumping Jacks

20 Chest Flyes

25 Jumping Jacks

15 Dips

25 Jumping Jacks

10 Thrusters

25 Jumping Jacks

5 Wall Climbs

### **Kaguya Workout Routine: Calisthenics and Core A with Optional Parkour and MMA**

#### **Warm Up:**

25 Jumping Jacks

25 High Knees

25 Butt Kicks

## **Calisthenics Workout:**

Push Up Variation (Regular, Explosive/Clap, Wide, Close, Close to Wide, Decline, Etc.)

4×20-30

Squat/Lunge Variation (Air Squat, Split Squat, Lunge, Side Lunge, 3-Point Squat, Close to Wide, Etc.)

4×20-30

Dip/Tricep Work (Chest Dip, Tricep Dip, Chair Dip, Plank to Push Ups, Tricep Extension, Etc.)

4×15

Pull Up Variation (Pull Up, Chin Up, Wide Pull Up, Pike Push Ups, Etc.)

4×10

## **Core Workout:**

Sit Ups

4×25

Lying Leg Raises

4×25

Superman Hold

4x30 Seconds

### **Mixed Martial Arts Recommended Resources (More Provided Below)**

- [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](#)

## **Kaguya Workout Routine: God-Like Pull Day and HIIT**

### **Warm Up:**

10 Minute Walk/Run

### **Workout:**

Conventional Deadlifts

4x12, 10, 8, 5

EZ Bar Curls

4×12, 10, 8, 5

Weighted Chin Ups

4×12, 10, 8, 5

Straight Leg Deadlifts

4×12, 10, 8, 5

### **HIIT: Complete 3 Rounds**

25 Jumping Jacks

20 Wide Grip Pulldowns

25 Jumping Jacks

15 Cable Rows

25 Jumping Jacks

10 Wide Push Ups

## **Kaguya Workout Routine: Calisthenics and Core B with Optional Parkour and MMA**

### **Warm Up:**

25 Jumping Jacks



25 High Knees

25 Butt Kicks

**Calisthenics Workout:**

Push Up Variation (Regular, Explosive/Clap, Wide, Close, Close to Wide, Decline, Etc.)

4×20-30

Squat/Lunge Variation (Air Squat, Split Squat, Lunge, Side Lunge, 3-Point Squat, Close to Wide, Etc.)

4×20-30

Dip/Tricep Work (Chest Dip, Tricep Dip, Chair Dip, Plank to Push Ups, Tricep Extension, Etc.)

4×15

Pull Up Variation (Pull Up, Chin Up, Wide Pull Up, Pike Push Ups, Etc.)

4×10

**Core Workout:**

V-Ups

4×30

Flutter Kicks

4x50

Hollow Hold

4x30 Seconds

### **Mixed Martial Arts Recommended Resources (More Provided Below)**

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- [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](#)

## **Kaguya Workout Routine: God-Like Leg Day and HIIT**

### **Warm Up:**

10 Minute Walk/Run

### **Workout:**

Back Squats

4×12, 10, 8, 5

Leg Press

4×12, 10, 8, 5

Seated Calf Raises

4×12, 10, 8, 5

Weighted Glute Bridges

4×12, 10, 8, 5

**HIIT: Complete 3 Rounds**

25 Jumping Jacks

20 Lunges [total]

25 Jumping Jacks

15 Box Jumps

25 Jumping Jacks

10 Bulgarian Split Squats

25 Jumping Jacks

5 Cable Pullthroughs

## Kaguya Workout Routine: Shinobi Endurance Training

Complete your Endurance Training based on your Overall Fitness Level:

**Beginner:** Run 1-3 Miles

**Intermediate:** Run 3-5 Miles

**Advanced:** Run 5+ Miles

**Optional Alternative Training:**

- [The Best HIIT Workouts](#)

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

## Kaguya Workout Routine: Optional Additional Training Resources

**Other MMA Training Resources:**

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

- [Sagat Workout Routine](#)

#### **HIIT Resources:**

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