

KENTO NANAMI WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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KENTO NANAMI WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to working with a PPL split of Push/Pull/Legs that work around weight training and calisthenics with a focus on core and some light endurance work to start or finish our session, but we'll also have one day of pure endurance and another of pure high intensity interval training to really step it up a notch.

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.

Kento Nanami Workout Routine: Sample Workout Schedule

Monday: Sorcerer Swordsman Push Day

Tuesday: Grade 1 High Intensity Interval Training

Wednesday: Sorcerer Swordsman Pull Day

Thursday: Nanami Sorc Endurance

Friday: Sorcerer Swordsman Leg Day

Saturday: Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

Sunday: Mandatory Rest Day

Kento Nanami Workout Routine: Sorcerer Swordsman Push Day

Warm Up:

Run 800m

Weight Training:

Incline Dumbbell Press

3×10

Dumbbell Clean and Press

3×10

Overhead Dumbbell Tricep Extension

3×10

Calisthenics Training:

Push Ups

3×20

Dips

3×10-15

Core Work:

Sit Ups

3×20

Leg Raises

3×20

Kento Nanami Workout Routine: Grade 1 High Intensity Interval Training

Warm Up:

2×25 Jumping Jacks

Workout: Complete 30-45 Minutes of Sprint HIIT

- Sprint One Minute: Sprint 60 Seconds at 6-10+ MPH
- Cooldown One Minute: Walk 60 Seconds at 2-3 MPH
- Rinse and Repeat

Alternative HIIT Options:

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

Kento Nanami Workout Routine: Sorcerer Swordsman Pull Day

Warm Up:

Run 800m

Weight Training:

Kettlebell Deadlift

3×10

Bent Over Dumbbell Rows

3×10

Alternating Dumbbell Curls

3×10

Calisthenics Training:

Wide Push Ups

3×20

Chin Ups

3×10

Core Work:

V-Ups

3×20

Hanging Knee Raises

3×20

Kento Nanami Workout Routine: Nanami Sorc Endurance

Warm Up:

2×25 High Knees

2×25 Butt Kicks

Workout: Complete Endurance Training Based on your Fitness Level

Beginner: Run 1-3 Miles

Intermediate: Run 3-5 Miles

Advanced: Run 5+ Miles

Additional 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 \(Workout Included\)](#)

Kento Nanami Workout Routine: Sorcerer Swordsman Leg Day

Warm Up:

Run 800m

Weight Training:

Goblet Squats

3×10

Leg Press

3×10

Calf Raises

3×10

Calisthenics Training:

Glute Bridges

3×20

Box Jumps

3×20

Core Work:

Cable Crunches

3×20

Leg Raises -> Flutter Kicks

3×10->50

Kento Nanami 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](#)

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](#)