

# NOBARA KUGISAKI WORKOUT ROUTINE



Bonus PDF File  
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# NOBARA KUGISAKI WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be training with 5 days of calisthenics per week consisting of one upper and core, one lower and core, and two full body days with a big circuit day of training as well.

## 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.

## Nobaro Kugisaki Workout Routine: Sample Workout Schedule

**Monday:** Grade 3 Sorcerer Full Body Calisthenics A

**Tuesday:** Grade 1 Sorcerer Lower Body and Core

**Wednesday:** Cursed Big Circuit Day

**Thursday:** Grade 3 Sorcerer Full Body Calisthenics B

**Friday:** Grade 1 Sorcerer Upper Body and Core

**Saturday:** Active Rest Day (Optional Training Resources)

**Sunday:** Rest Day

## **Nobaro Kugisaki Workout Routine: Grade 3 Sorcerer Full Body Calisthenics A**

### **Warm Up:**

Jog 800m

### **Workout:**

Air Squats

4x20

Push Ups

4x15

Dips

4x10

Glute Bridges

4x20

Bodyweight Rows

4×8-12

Plank to Push Ups

4×10

## **Nobaro Kugisaki Workout Routine: Grade 1 Sorcerer Lower Body and Core**

### **Warm Up:**

Jog 800m

### **Workout:**

Wide to Narrow Squats

4×20

Jumping Lunges

4×20

Donkey Kicks

4×20 each leg

Fire Hydrants

4x20 each leg

Lying Leg Raises

4x20

Sit Ups

4x20

## **Nobaro Kugisaki Workout Routine: Cursed Big Circuit Day**

### **Warm Up:**

25 High Knees

25 Butt Kicks

25 Jumping Jacks

### **Workout: Complete 4 Rounds**

Run 400m

25 Air Squats

20 Sit Ups

15 Push Ups

10 Dips

5 Pull Ups

## **Nobaro Kugisaki Workout Routine: Grade 3 Sorcerer Full Body Calisthenics B**

### **Warm Up:**

Jog 800m

### **Workout:**

Step Ups

4x20 total

Wide Push Ups

4x15

Dips

4x10

Box Jumps

4x10

Pike Push Ups

4x8-12

Planking Shoulder Taps

4x20

## **Nobaro Kugisaki Workout Routine: Grade 1 Sorcerer Upper Body and Core**

**Warm Up:**

Jog 800m

**Workout:**

Decline Push Ups

4x20

Tricep Extensions

4x10

Mountain Climbers

4x20

Chin Ups

4x10

Flutter Kicks



4×50

Bicycle Crunches

4×30

## **Nobaro Kugisaki Workout Routine: Optional Training Resources**

### **Additional HIIT Resources:**

- [Alternative HIIT Workouts](#)
- [Jump Rope Workouts](#)

### **Running Based Celebrity and Character Workouts**

- [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 \(Workout Included\)](#)

### **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](#)