

SUKUNA WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

SUKUNA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We'll be training using a 5 day split composed of 4 weight training days devoted to superset style training and then a final fifth day devoted to full body high intensity.

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.

Sukuna Workout Routine: Sample Workout Schedule

Monday: King of Curses Chest and Triceps

Tuesday: King of Curves Legs and Lower Body

Wednesday: Cursed Energy HIIT Test

Thursday: King of Curses Shoulders and Upper Body

Friday: King of Curses Back and Biceps

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

Sunday: Mandatory Rest Day

Sukuna Workout Routine: King of Curses Chest and Triceps

Warm Up:

Jump Rope

2×50-100

High Knees

2×25

Butt Kicks

2×25

Giant Set One:

A. Incline Dumbbell Bench Press

4×10

B. Incline Dumbbell Chest Flyes

4×10

C. Incline Dumbbell Hex Press

4x10

D. Decline Push Ups

4xFailure

Giant Set Two:

A. Overhead Tricep Extension

4x10

B. Cable Pushdowns

4x10

C. Cable Kickbacks

4x10 each arm

D. Dips

4xFailure

Sukuna Workout Routine: King of Curses Legs and Lower Body

Warm Up:

Jump Rope

2×50-100

High Knees

2×25

Butt Kicks

2×25

Giant Set One:

A. Goblet Squats

4×10

B. Weighted Lunges

4×16 total

C. Weighted Glute Bridges

4×10

D. Box Jumps

4×Failure

Giant Set Two:

A. Leg Press

4x10

B. Calf Raises on Leg Press

4x10

C. 3-Point Dumbbell Goblet Squat

4x5 each point

D. Lying Leg Raises with Hip Thrust

4xFailure

Sukuna Workout Routine: Cursed Energy HIIT Test

Warm Up:

2x25 Jumping Jacks

Complete 3 Rounds for Time:

Sit Ups x 30

Jump Rope x 50

Push Ups x 25

Jump Rope x 50

Air Squats x 20

Jump Rope x 50

Dips x 15

Jump Rope x 50

Hanging Leg Raises x 10

Jump Rope x 50

Pull Ups x 5

Sukuna Workout Routine: King of Curses Shoulders and Upper Body

Warm Up:

Jump Rope

2×50-100

High Knees

2×25

Butt Kicks

2×25

Giant Set One:

A. Overhead Press

4×10

B. Upright Rows

4×10

C. Front Raises w/ Dumbbells

4×10

D. Lateral Raises

4×Failure

Giant Set Two:

A. Kettlebell Swings

4×10

B. Kettlebell Halos

4×10

C. Dumbbell Shrugs

4×25

D. Planking Shoulder Taps

4xFailure

Sukuna Workout Routine: King of Curses Back and Biceps

Warm Up:

Jump Rope

2x50-100

High Knees

2x25

Butt Kicks

2x25

Giant Set One:

A. Deadlifts

4x10

B. Bent Over Rows

4x10

C. Straight Arm Pulldowns

4x10

D. Wide Grip Pulldowns

4xFailure

Giant Set Two:

A. Preacher Curls

4x10

B. Hammer Curls

4x10

C. Push Ups

4x25

D. Chin Ups

4xFailure

Sukuna Workout Routine: Optional Alternative Training Resources

High Intensity Interval Training Options:

- [HIIT Workout Routine Variations](#)

- [Jump Rope Workouts](#)

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](#)

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 \(Workout Included\)](#)