

ZENITSU AGATSUMA 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.

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ZENITSU AGATSUMA WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

Zenitsu isn't as strong as some of the other characters we've seen recently so instead of forcing a 3-5 day split we'll be working around a 4 days split of a mix of calisthenics, cardio, core and some mini-circuits.

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.

Zenitsu Agatsuma Workout Routine: Sample Workout Schedule

Monday: Demon Slayer Calisthenics, Core, Cardio and Circuits A

Tuesday: Demon Slayer Calisthenics, Core, Cardio and Circuits B

Wednesday: Optional Training with Resources for Parkour and MMA

Thursday: Demon Slayer Calisthenics, Core, Cardio and Circuits C

Friday: Demon Slayer Calisthenics, Core, Cardio and Circuits D

Saturday: Optional Training or Active Rest Day

Sunday: Mandatory Rest Day

Zenitsu Agatsuma Workout Routine: Demon Slayer Calisthenics, Core, Cardio and Circuits A

Cardio:

Warm Up with a 800-1600m Run

(This translates to 1/2-1 Mile)

Calisthenics and Core:

Sit Ups

3×30

Air Squats

3×25

Push Ups

3×20

Lying Leg Raises

3×15

Dips

3×10

Pull Ups or Pike Push Ups

3×5

Mini-Circuit A:

Complete 2-3 Rounds

10 Plank to Push Ups

10 Jumping Jacks

10 Mountain Climbers

10 Glute Bridges

**Zenitsu Agatsuma Workout Routine: Demon Slayer
Calisthenics, Core, Cardio and Circuits B**

Cardio:

Warm Up with a 800-1600m Run

(This translates to 1/2-1 Mile)

Calisthenics and Core:

V-Ups

3×30

Box Jumps

3×25

Decline Push Ups

3×20

Hanging Leg Raises

3×15

Tricep Extensions

3×10

Chin Ups

3×5

Mini-Circuit B:

Complete 2-3 Rounds

20 Skater Lunges

15 Air Squats

10 Inch Worms

Zenitsu Agatsuma Workout Routine: Demon Slayer Calisthenics, Core, Cardio and Circuits C

Cardio:

Warm Up with a 800-1600m Run

(This translates to 1/2-1 Mile)

Calisthenics and Core:

Slow Crunches

3×30

Lunges

3×26

Wide Push Ups

3×20

Lying Leg Raises with Hip Thrust

3×15

Plank to Push Ups

3×10

Wide Grip Pull Ups

3×5

Mini-Circuit C:

Complete 2-3 Rounds

10 Explosive Push Ups

10 Half Burpees

10 Wall Climbs

10 Planking Shoulder Taps

**Zenitsu Agatsuma Workout Routine: Demon Slayer
Calisthenics, Core, Cardio and Circuits D**

Cardio:

Warm Up with a 800-1600m Run

(This translates to 1/2-1 Mile)

Calisthenics and Core:

Sit Ups with Twist

3×30

Glute Bridges

3×25

Close to Wide Push Ups

3×20

Knee Tucks

3×15

Dips

3×10

Pull Ups or Pike Push Ups

3×5

Mini-Circuit D:

Complete 2-3 Rounds

20 Double Unders

16 Alternating Pistol Squats

10 Burpees

Zenitsu Agatsuma Workout Routine: Optional Additional Training Resources

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 \(Workout Included\)](#)

HIIT Training Resources:

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

Parkour Training Resources:

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

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](#)