

CIEL PHANTOMHIVE WORKOUT ROUTINE



Bonus PDF File
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CIEL PHANTOMHIVE WORKOUT ROUTINE

Training Volume:

3 days per week

Explanation:

This, as I mentioned above, is a beginner workout so we're going to be working with extremely simple calisthenics training and a little cardio added in.

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.

Ciel Phantomhive Workout Routine: Sample Workout Schedule

Monday: Beginner Calisthenics A

Tuesday: Light Endurance Work (Optional)

Wednesday: Beginner Calisthenics B

Thursday: Light Endurance Work (Optional)

Friday: Beginner Calisthenics C

Saturday: Rest Day

Sunday: Rest Day

Ciel Phantomhive Workout Routine: Beginner Calisthenics A

Warm Up:

Walk 5 Minutes

Workout:

Knee Push Ups

3×10-20

Air Squats

3×10-20

Chair Dips

3×5-15

Pike Push Ups

3×5-15

Sit Ups

3×5-15

Ciel Phantomhive Workout Routine: Beginner Calisthenics B

Warm Up:

Walk 5 Minutes

Workout:

Knee Push Ups

3×10-20

Glute Bridges

3×10-20

Pike Push Ups

3×5-10

Inch Worms

3×5-15

Lying Leg Raises

3×5-15

Ciel Phantomhive Workout Routine: Beginner Calisthenics C

Warm Up:

Walk 5 Minutes

Workout:

Knee Push Ups

3×10-20

Air Squats

3×10-20

Tricep Extensions

3×5-15

Slow Burpees

3×5-15

Knee Tucks

3×5-15

Ciel Phantomhive Workout Routine: Optional Light Endurance Work Resources

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 \(Workout Included\)](#)