

KANAO TSUYURI 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 ensure 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.

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KANAO TSUYURI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be utilizing two days of basic calisthenics and core training with some light cardio and then one day devoted to calisthenics circuit training and two devoted to strictly endurance and stamina work.

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.

Kanao Tsuyuri Workout Routine: Sample Workout Schedule

Monday: Demon Slayer Calisthenics, Core and Cardio A

Tuesday: Master Swordsman Endurance Work

Wednesday: Flower Breathing Calisthenics Circuit

Thursday: Master Swordsman Endurance Work

Friday: Demon Slayer Calisthenics, Core and Cardio B

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Kanao Tsuyuri Workout Routine: Demon Slayer Calisthenics, Core and Cardio A

Warm Up Jog:

Beginner: Half a Mile

Intermediate: One Mile

Advanced: 1.5 Miles

Workout:

Lying Leg Raises

3×35

Air Squats

3×30

Sit Ups

3×25

Chair Dips

3×20

Knee Close to Wide Push Ups

3×15

Decline Pike Push Ups

3×10

Kanao Tsuyuri Workout Routine: Master Swordsman Endurance Work

You have a handful of options for your endurance work.

1. Run based on your fitness level (levels and extra resources provided).
2. Utilize High Intensity Interval Training (resources provided).
3. Do "On and Off" Sprints (provided below).

Run Based On Your Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3–5 Miles

Advanced: 5+ Miles

On and Off Sprints: Variation One

One Minute ON: Sprint 60 Seconds 75–95%

One Minute OFF: Walk 60 Seconds 35–50%

On and Off Sprints: Variation Two

30 Seconds ON: Sprint 30 Seconds 90–100%

90 Seconds OFF: Walk 90 Seconds 35–50%

High Intensity Interval Training Options:

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

More 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 \(Workout Included\)](#)

Kanao Tsuyuri Workout Routine: Flower Breathing Calisthenics Circuit

Warm Up:

25 Jumping Jacks

25 High Knees

25 Mountain Climbers

25 Butt Kicks

Workout: Complete 3 Rounds

Run 800m (Half a Mile)

25 Glute Bridges

20 Jumping Jacks

20 Sit Ups with Twist

20 Jumping Jacks

15 Tricep Extensions

20 Jumping Jacks

10 Inch Worms

20 Jumping Jacks

5 Burpees

Rest 1-5 Minutes as Needed

Kanao Tsuyuri Workout Routine: Master Swordsman Endurance Work

You have a handful of options for your endurance work.

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2. Utilize High Intensity Interval Training (resources provided).
3. Do "On and Off" Sprints (provided below).

Run Based On Your Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

On and Off Sprints: Variation One

One Minute ON: Sprint 60 Seconds 75-95%

One Minute OFF: Walk 60 Seconds 35-50%

On and Off Sprints: Variation Two

30 Seconds ON: Sprint 30 Seconds 90–100%

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Kanao Tsuyuri Workout Routine: Demon Slayer Calisthenics, Core and Cardio B

Warm Up Jog:

Beginner: Half a Mile

Intermediate: One Mile

Advanced: 1.5 Miles

Workout:

V-Ups

3×35

Jumping Lunges

3×30

Knee Tucks -> Flutter Kick Superset

3×25 -> 25

Explosive Knee Push Ups

3×20

Plank to Push Ups

3×15

Wall Climbs

3×10

Kanao Tsuyuri Workout Routine: Additional [Optional] Training Resources

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](#)

Parkour Training Resources:

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