

KILLUA JUMP ROPE INSPIRED 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.

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KILLUA JUMP ROPE INSPIRED WORKOUT ROUTINE

Training Volume:

One Workout

(To Be Repeated)

Explanation:

Our new [jump rope workouts](#) can be completed in multiple different formats and are extremely easy to scale. They emulate our [Superhuman System](#) and [Core Program](#) training and are incredible for both beginner and advanced users. You can complete them by doing the “Rounds” as sets (and breaking in between), or complete the entire thing as a circuit with no break (while keeping track of your time and looking to improve the next time you do it). You can also scale by dropping the sets, or scaling the movements; as well as adding breaks where needed.

Also, don't forget to eventually [level up your jump rope and/or speed rope](#) as you progress through these [jump rope workouts](#).

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.

The Killua Inspired Jump Rope Workout

We're going to call this the Gon and Killua Skip Sequence:

Side Skip x 5 -> 20 Regular Skips -> 5 Cross Skips -> 20 Regular Skips
-> 5 Side Skips -> 20 Regular Skips -> 5 Cross Skips

COMPLETE 5 ROUNDS:

Gon & Killua Skip Sequence or Basic Skip x 50

Single Arm Kettlebell Swings x 20

Gon & Killua Skip Sequence or Basic Skip x 50

Box Jumps x 10

Gon & Killua Skip Sequence or Basic Skip x 50

Explosive Push Ups x 20

Gon & Killua Skip Sequence or Basic Skip x 50

Wall Climbs x 10

Gon & Killua Skip Sequence or Basic Skip x 50

Sit Ups with Twist x 30