

KOHAKU WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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KOHAKU WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with weights 3 days a week, but those days will be broken down into supersets and trisets to add on intensity – and then we'll also have 2 days of endurance training with an outdoor run to replicate some of the movement and endurance work Kohaku would be doing!

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.

Kohaku Workout Routine: Sample Workout Schedule

Monday: Warrior Pull and Abs (Back, Biceps, Abs)

Tuesday: Stone Outdoor Endurance Training

Wednesday: Warrior Push Day (Chest, Triceps, Shoulders)

Thursday: Stone Outdoor Endurance Training

Friday: Warrior Legs and Abs (Legs, Calves and Abs)

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Kohaku Workout Routine: Warrior Pull and Abs

Warm Up:

Run 800m

Workout:

Triset One:

A. Kettlebell Deadlift

3×10

B. Bent Over Dumbbell Rows

3×10

C. Wide Grip Lateral Pulldowns

3×10

Triset Two:

A. EZ Bar Curls

3×10

B. Alternating Dumbbell Hammer Curls

3×10 each arm

C. Chin Ups

3×Failure

Triset Three:

A. Sit Ups

3×20

B. Lying Leg Raises

3×20

C. Hollow Hold

3×30 Seconds

Kohaku Workout Routine: Stone Outdoor Endurance Training

Warm Up:

25 High Knees

25 Butt Kicks

Workout: Run Outside (Add a Backpack or Weighted Vest if Possible)

Beginner Level: 1-3 Mile Run

Intermediate Level: 3-5 Mile Run

Advanced Level: 5+ Mile Run

Alternative Training Methods: Complete 30-60 Minutes

- Bike
- Elliptical
- StairMaster
- Row Machine

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 \(Workout Included\)](#)

Kohaku Workout Routine: Warrior Push Day

Warm Up:

Run 800m

Workout:

Triset One:

A. Incline Dumbbell Press

3×10

B. Incline Dumbbell Flys

3×10

C. Push Ups (or Knee Push Ups)

3×Failure

Triset Two:

A. Cable Tricep Pushdowns

3×10

B. Cable Tricep Overhead Extensions

3×10

C. Cable Kickbacks

3×10 each arm

Triset Three:

A. Overhead Dumbbell Press

3×10

B. Upright Rows

3×10

C. Lateral Raises

3×10

Kohaku Workout Routine: Stone Outdoor Endurance Training

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Kohaku Workout Routine: Warrior Legs and Abs

Warm Up:

Run 800m

Workout:

Triset One:

A. Goblet Squats

3×10

B. Weighted Lunges

3×10 each leg

C. Cable Pullthroughs

3×10

Triset Two:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

C. Box Jumps

3×10

Triset Three:

A. V-Ups

3×20

B. Knee Tucks

3×20

C. Superman Hold

3×30 Seconds

Kohaku Workout Routine: Optional Additional Training Resources

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](#)