

KYOJURO RENGOKU WORKOUT ROUTINE



Bonus PDF File
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KYOJURO RENGOKU WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

To unleash the immense strength, speed and stamina it is going to require to perform like Rengoku we're going to be utilizing strength and speed training with weight 5 days a week and then also tacking on 30 minutes of varied cardio each day to really increase our endurance and stamina as well.

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.

Kyojuro Rengoku Workout Routine: Sample Workout Schedule

Monday: Demon Slayer Chest, Abs and Endurance

Tuesday: Demon Slayer Legs, Calves and Endurance

Wednesday: Demon Slayer Biceps, Triceps and Endurance

Thursday: Demon Slayer Shoulders, Traps and Endurance

Friday: Demon Slayer Back, Abs and Endurance

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Kyojuro Rengoku Workout Routine: Demon Slayer Chest, Abs and Endurance

Endurance Workout:

This can be done before or after your weight training

Complete 30 Minutes of Varied Cardio

(You can do 10/10/10, 15/15, full 30 Minutes, or any variation you would like)

- Bike
- Row
- Run/Jog
- Swim
- Elliptical
- StairMaster

Chest Workout:

Bench Press

4×12, 10, 8, 5

Close Grip Bench Press

3×12

Incline Press

3×12, 10, 8

Decline Push Ups

3×25

Chest Flys (Cable or Dumbbell)

3×12

Weighted Dips

3×15

Core Work:

Planks

3×60 Seconds

V-Ups

3×30

Hanging Knee Raises with Pause at Top

3×20

Kyojuro Rengoku Workout Routine: Demon Slayer Legs, Calves and Endurance

Endurance Workout:

This can be done before or after your weight training

Complete 30 Minutes of Varied Cardio

(You can do 10/10/10, 15/15, full 30 Minutes, or any variation you would like)

- Bike
- Row
- Run/Jog
- Swim
- Elliptical
- StairMaster

Legs and Calf Workout:

Back Squat

4×12, 10, 8, 5

Seated Calf Raises

3×12

Leg Press

3×12, 10, 8

Bulgarian Split Squats

3×12, 10, 8 each leg

Weighted Lunges

3×12 each leg

Glute Bridges

3×15

Double Unders

3×20

Kyojuro Rengoku Workout Routine: Demon Slayer Biceps, Triceps and Endurance

Endurance Workout:

This can be done before or after your weight training

Complete 30 Minutes of Varied Cardio

(You can do 10/10/10, 15/15, full 30 Minutes, or any variation you would like)

- Bike
- Row
- Run/Jog
- Swim
- Elliptical
- StairMaster

Bicep and Tricep Workout:

Preacher Curls

4×12

Tricep Cable Pushdowns

4×12

Alternating Dumbbell Hammer Curls

3×12, 10, 8 each arm

Tricep Cable Kickbacks

3×12, 10, 8 each arm

High Cable Curls

3×12

Dip Machine

3×15

Close to Wide Push Ups

3×25

Kyojuro Rengoku Workout Routine: Demon Slayer Shoulders, Traps and Endurance

Endurance Workout:

This can be done before or after your weight training

Complete 30 Minutes of Varied Cardio

(You can do 10/10/10, 15/15, full 30 Minutes, or any variation you would like)

- Bike
- Row
- Run/Jog
- Swim
- Elliptical
- StairMaster

Chest Workout:

Overhead Press

4×12, 10, 8, 5

Barbell Shrugs

3×12

Clean and Press

3×12, 10, 8

Dumbbell Front Raises

3×12, 10, 8

Upright Rows

3×12

Kettlebell Swings

3×15

Lateral Raises

3×12, 10, 8

Kyojuro Rengoku Workout Routine: Demon Slayer Back, Abs and Endurance

Endurance Workout:

This can be done before or after your weight training

Complete 30 Minutes of Varied Cardio

(You can do 10/10/10, 15/15, full 30 Minutes, or any variation you would like)

- Bike
- Row
- Run/Jog
- Swim
- Elliptical
- StairMaster

Back Workout:

Deadlift

4×12, 10, 8, 5

Bent Over Barbell Rows

3×12

Reverse Cable Flys

3×12, 10, 8

Wide Grip Pulldowns

3×12, 10, 8

Cable Straight Arm Pulldowns

3×12

Chin Ups

3×10

Core Work:

Side Planks

3×30 Seconds

Sit Ups with Twist

3×30

Hanging Leg Raises

3×30

**Kyojuro Rengoku Workout Routine: Optional
Additional 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](#)

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