

AKAZA 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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AKAZA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to make our strength focus around a PPL Split and then another two days devoted to high intensity circuit training that will work on our endurance while also putting our muscles to work as well. One of those days will be completely calisthenics and the other we'll throw in some weights.

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.

Akaza Workout Routine: Sample Schedule

Monday: Upper Rank Three Leg Day

Tuesday: Twelve Kizuki Calisthenics HIIT

Wednesday: Upper Rank Three Push Day

Thursday: Twelve Kizuki Weighted HIIT

Friday: Upper Rank Three Pull Day

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Akaza Workout Routine: Upper Rank Three Leg Day

Warm Up:

Run 800-1600M with the other Kizuki Members

Workout:

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Weighted Glute Bridges

3×12, 10, 8

Cable Crunches

3×20

Hanging Knee Raises with Twist

3×20

Akaza Workout Routine: Twelve Kizuki Calisthenics HIIT

Warm Up:

25 Jumping Jacks

25 Mountain Climbers

25 High Knees

Workout: Complete 4 Rounds

400M Run

30 Sit Ups

25 Push Ups

20 Glute Bridges

15 Plank to Push Ups

10 Chin Ups

Akaza Workout Routine: Upper Rank Three Push Day

Warm Up:

Run 800-1600M with the other Kizuki Members

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Seated Military Press

3×12, 10, 8

Seated Overhead Tricep Extension

3×12, 10, 8

Weighted Dips

3×12, 10, 8

Chest Flys (Cable or Dumbbell)

3×12, 10, 8

Lateral Raises

3×15, 12, 10

Hang Cleans

3×15, 12, 10

Akaza Workout Routine: Twelve Kizuki Weighted HIIT

Warm Up:

25 Jumping Jacks

25 Mountain Climbers

25 High Knees

Workout: Complete 3-5 Rounds

20 Double Unders

15 Kettlebell Swings

20 Double Unders

15 Kettlebell Deadlifts

20 Double Unders

15 Kettlebell Halos

Akaza Workout Routine: Upper Rank Three Pull Day

Warm Up:

Run 800-1600M with the other Kizuki Members

Workout:

Deadlifts

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Cable Rows

3×12, 10, 8

Wide Grip Cable Pulldowns

3×12, 10, 8

Chin Ups

3×10

Sit Ups

3×20

Lying Leg Raises with Hip Thrust

3×20

Akaza Workout Routine: Optional Additional Training Resources

Endurance Work 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 Continue Training 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](#)

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](#)