

KYOKA JIRO WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

KYOKA JIRO WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

Similar to what we saw for Denki we'll be working with three days of mandatory training and then another two days devoted to endurance and HIIT style training that I also recommend taking advantage of.

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.

Kyoka Jiro Workout Routine: Sample Schedule

Monday: Earphone Jack Entrance Exam Calisthenics Training A

Tuesday: Hero Training Endurance or HIIT

Wednesday: Sword Specialist Circuit Workout

Thursday: Hero Training Endurance or HIIT

Friday: Earphone Jack Entrance Exam Calisthenics Training B

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Kyoka Jiro Workout Routine: Earphone Jack Entrance Exam Calisthenics Training A

Warm Up:

Run 400-800m

Workout:

Glute Bridges

3×20

Air Squats

3×15

Lunges

3×16

Knee Push Ups

3×20

Plank to Push Ups

3×10

Chin Ups

3×8

Flutter Kicks

3×50

Kyoka Jiro Workout Routine: Hero Training Endurance or HIIT

For your endurance or HIIT days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

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

Kyoka Jiro Workout Routine: Sword Specialist Circuit Workout

Warm Up:

30 Jumping Jacks

30 High Knees

Workout: Complete 2 Rounds

Jump Rope x 100

Close to Wide Squats x 20

Sit Ups x 20

Jump Rope x 100

Decline Push Ups x 10

Toes to Bar x 10

Jump Rope x 100

Rest 1-2 Minutes

Kyoka Jiro Workout Routine: Hero Training Endurance or HIIT

For your endurance or HIIT days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

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 \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

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

Kyoka Jiro Workout Routine: Earphone Jack Entrance Exam Calisthenics Training B

Warm Up:

Run 400-800m

Workout:

Fire Hydrants

3×20 each leg

Single Leg Step Ups

3×20 (total)

Side Lunges

3×16 (total)

Inch Worm to Push Ups

3×10-15

Dips

3×10

Wall Climbs

3×8

Bicycle Crunches

3×30

Kyoka Jiro Workout Routine: Bonus Training Resources

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](#)