

MUZAN KIBUTSUJI 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.

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.

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MUZAN KIBUTSUJI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with 3 full body training days per week and then 2 days devoted to high intensity full body circuit workouts that will combine calisthenics, weights and endurance work.

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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

Muzan Kibutsuji Workout Routine: Sample Schedule

Monday: Demonic Full Body Training A

Tuesday: Demon King Circuit A

Wednesday: Demonic Full Body Training B

Thursday: Demon King Circuit B

Friday: Demonic Full Body Training C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Muzan Kibutsuji Workout Routine: Demonic Full Body Training A

Warm Up:

800M Jog

Workout:

Dumbbell Bench Press

4×15, 12, 10, 8

Upright Rows

3×12, 10, 8

Bent Over Rows

3×12, 10, 8

Leg Press

3×12, 10, 8

Preacher Curls

3×10

Tricep Cable Pushdowns

3×10

Core Work:

Sit Ups

3×30

Knee Raises with Twist

3×30

Muzan Kibutsuji Workout Routine: Demon King Circuit A

Warm Up:

2×20 Jumping Jacks

2×20 High Knees

Circuit: Complete 2 Rounds

25 Pull Ups

50 Kettlebell Swings

50 Push Ups

50 Bicycle Crunches

50 Box Jumps

50 Light Dumbbell Clean and Press

25 Pull Ups

Muzan Kibutsuji Workout Routine: Demonic Full Body Training B

Warm Up:

800M Jog

Workout:

Deadlift

4×15, 12, 10, 8

Seated Arnold Press

3×12, 10, 8

Chest Flyes

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Alternating Hammer Curls (Dumbbell)

3×10 each arm

Tricep Cable Kickbacks

3×10 each arm

Core Work:

V-Ups

3×30

Lying Leg Raises into Flutter Kicks

3×30 -> 50

Muzan Kibutsuji Workout Routine: Demon King Circuit B

Warm Up:

2×20 Jumping Jacks

2×20 High Knees

Circuit: Complete 3-5 Rounds

50 Jump Rope Skips (or Jumping Jacks)

20 Close to Wide Push Ups

25 Double Unders

10 Inch Worms

50 Jump Rope Skips

15 Dips

25 Double Unders

20 Wide to Close Squats

50 Jump Rope Skips

Muzan Kibutsuji Workout Routine: Demonic Full Body Training C

Warm Up:

800M Jog

Workout:

Back Squats

4×15, 12, 10, 8

Lateral Raises

3×12, 10, 8

Wide Grip Cable Pulldowns

3×12, 10, 8

Weighted Dips

3×12, 10, 8

High Cable Curls

3×10

Seated Overhead Dumbbell Extensions

3×10

Core Work:

Cable Crunches

3×30

Knees to Elbow

3×30

Muzan Kibutsuji 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](#)
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