

OBANAI IGURO WORKOUT ROUTINE



Bonus PDF File
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OBANAI IGURO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to have three days of full body training and then two days of upper and lower weight training and calisthenics mixed circuit workouts that'll keep the intensity high and have you performing like a Demon Slayer Corps Hashira!

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.

Obanai Iguro Workout Routine: Sample Schedule

Monday: Serpent Hashira Full Body Training A

Tuesday: Demon Slayer Corps Hashira Circuit A

Wednesday: Serpent Hashira Full Body Training B

Thursday: Demon Slayer Corps Hashira Circuit B

Friday: Serpent Hashira Full Body Training C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Obanai Iguro Workout Routine: Serpent Hashira Full Body Training A

Warm Up:

Run/Walk for 5-15 Minutes

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Leg Press

3×12, 10, 8

Superset A:

A. Kettlebell Swings

3×15

B. Chin Ups

3×10

Superset B:

A. Preacher Curls

3×10

B. Diamond Push Ups

3×10

Superset C:

A. Weighted Sit Ups

3×20

B. Hanging Knee Raises

3×20

Obanai Iguro Workout Routine: Demon Slayer Corps Hashira Circuit A

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 2 Rounds

25 Pull Ups

50 Double Unders

50 Push Ups

50 Floor Wiper

50 KB Swings

50 Box Jumps

25 Pull Ups

Obanai Iguro Workout Routine: Serpent Hashira Full Body Training B

Warm Up:

Run/Walk for 5-15 Minutes

Workout:

Back Squats

3×12, 10, 8

Seated Arnold Press

3×12, 10, 8

Superset A:

A. Chest Flys

3×15

B. High Cable Curls

3×10

Superset B:

A. Cable Rows

3×10

B. Push Ups

3×Failure

Superset C:

A. Cable Crunches

3×20

B. L-Sit Hold

3×30 Seconds

Obanai Iguro Workout Routine: Demon Slayer Corps Hashira Circuit B

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Workout: Complete 3-5 Rounds

20 Double Unders

10 Dumbbell Deadlifts

15 Sit Ups

20 Double Unders

25 Push ups

30 Jump Squats

20 Double Unders

35 Mountain Climbers

40 Crunches

20 Double Unders

1-5 Minute Rest as Needed

Obanai Iguro Workout Routine: Serpent Hashira Full Body Training C

Warm Up:

Run/Walk for 5-15 Minutes

Workout:

Deadlifts (Barbell, KB or DB)

3×12, 10, 8

Hang Cleans

3×12, 10, 8

Superset A:

A. Single Arm Dumbbell Snatches

3×10 each arm

B. Mountain Climbers

3×20

Superset B:

A. Tricep Overhead Extension

3×10

B. Close to Wide Push Ups

3×20

Superset C:

A. Plank Holds

3×60 Seconds

B. Plank to Push Ups

3xFailure

Obanai Iguro 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](#)

