

TANJIRO KAMADO 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.

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TANJIRO KAMADO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training similar to the way we did for Yoriichi but instead of a 3 day split and 2 circuit days we're going to be working with a 4 day split and one long endurance training day. The style of our actual weight training days will look very similar, though – so get ready for volume and intensity!

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.

Tanjiro Kamado Workout Routine: Sample Schedule

Monday: Water Breathing Chest, Triceps and Mini Circuit

Tuesday: Water Breathing Legs, Calves and Core

Wednesday: Demon Slayer Endurance Training

Thursday: Water Breathing Shoulders, Traps and Core

Friday: Water Breathing Back, Biceps and Mini Circuit

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Tanjiro Kamado Workout Routine: Water Breathing Chest, Triceps and Mini Circuit

Warm Up:

Jump Rope

3×100

Workout:

Tri-Set:

A. Incline Dumbbell Bench Press

3×12

B. Incline Dumbbell Chest Flyes

3×12

C. Dips

3×15

Tri-Set Two:

A. Cable Tricep Pushdowns with Rope

3×12

B. Cable Tricep Overhead Extension with Rope

3×12

C. Cable Tricep Kickbacks

3×12 each arm

Final Mini Circuit: 3 Rounds

20 Push Ups

20 Sit Ups

20 Plank to Push Ups

15 Push Ups

15 Chest Flyes

15 Sit Ups

10 Push Ups

10 Sit Ups

10 Plank to Push Ups

Tanjiro Kamado Workout Routine: Water Breathing Legs, Calves and Core

Warm Up:

Jump Rope

3×100

Workout:

Tri-Set:

A. Front Squats

3×12

B. Weighted Lunges

3×12

C. Straight Leg Deadlift with Dumbbells

3×15

Tri-Set Two:

A. Leg Press

3×12

B. Calf Raises on Leg Press

3×12

C. Seated Calf Raises

3×12 each arm

Core Work:

Plank Hold

3×60 Seconds

Sit Ups with Twist

3×30

Hanging Knee Raises with Twist

3×30

Tanjiro Kamado Workout Routine: Demon Slayer Endurance Training

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](#)

Tanjiro Kamado Workout Routine: Water Breathing Shoulders, Traps and Core

Warm Up:

Jump Rope

3×100

Workout:

Tri-Set:

A. Seated Arnold Press

3×12

B. Seated Dumbbell Front Raises

3×12

C. Seated Lateral Raises

3×15

Tri-Set Two:

A. Barbell Shrugs

3×12

B. Upright Rows

3×12

C. Kettlebell Swings

3×15

Core Work:

L-Sit Hold

3×30 Seconds

Weighted Sit Ups

3×30

Hanging Leg Raises

3×30

Tanjiro Kamado Workout Routine: Water Breathing Back, Biceps and Mini Circuit

Warm Up:

Jump Rope

3×100

Workout:

Tri-Set:

A. Deadlift

3×12

B. Bent Over Rows

3×12

C. Wide Grip Pulldowns

3×15

Tri-Set Two:

A. Preacher Curls

3×12

B. Hammer Curls

3×12

C. Chin Ups

3×12

Final Mini Circuit: 3 Rounds

20 Wide to Close Push Ups

20 Box Jumps

15 Wide to Close Push Ups

15 Box Jumps

10 Wide to Close Push Ups

10 Box Jumps

Tanjiro Kamado Workout Routine: Optional Additional 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](#)