

GENYA 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.

GENYA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

To train like Genya and achieve his overall slim but muscular physique while achieving the Demonification strength and speed enhancements we'll be utilizing 3 days of full body weight training with super high volume and then 2 days a week will be devoted to BIG (long) circuits.

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.

Genya Workout Routine: Sample Schedule

Monday: Demonification Full Body Training A

Tuesday: Demon Slayer Chip Away Circuit

Wednesday: Demonification Full Body Training B

Thursday: Demon Slayer Big Challenge Circuit

Friday: Demonification Full Body Training C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Genya Workout Routine: Demonification Full Body Training A

Warm Up:

20 Minutes of On and Off Sprints

- Warm Up 5-10 Minutes then:
- 1 Minute ON: Sprint 1 Minute
- 1 Minute OFF: Walk 1 Minute
- For a Total of 20 Minutes Post Warm Up

Workout:

Back Squats

3×12, 10, 8

Incline Dumbbell Bench Press

3×12, 10, 8

Barbell Shrugs

3×15, 12, 10

Wide Grip Cable Rows

3×12, 10, 8

Hammer Cable Curls with Rope

3×12, 10, 8

Tricep Cable Pushdowns

3×12, 10, 8

Core Work:

Weighted Crunches

3×30

Lying Leg Raises -> Flutter Kicks

3×20 -> 3xFailure

Genya Workout Routine: Demon Slayer Chip Away Circuit

Warm Up:

25 High Knees

25 Butt Kicks

25 Jumping Jacks

Workout: Complete 1 Round

1 Mile Run

60 Push Ups

50 Double Unders

40 Kettlebell Swings

30 Box Jumps

20 Thrusters

10 Burpees

Genya Workout Routine: Demonification Full Body Training B

Warm Up:

20 Minutes of On and Off Sprints

- Warm Up 5-10 Minutes then:
- 1 Minute ON: Sprint 1 Minute
- 1 Minute OFF: Walk 1 Minute
- For a Total of 20 Minutes Post Warm Up

Workout:

Leg Press

3×12, 10, 8

Chest Flys

3×12, 10, 8

Lateral Raises

3×15, 12, 10

Deadlifts

3×12, 10, 8

High Cable Curls

3×12, 10, 8

Tricep Cable Kickbacks

3×12, 10, 8

Core Work:

Cable Crunches

3×30

Toes to Bar

3×20

Genya Workout Routine: Demon Slayer Big Challenge Circuit

Warm Up:

25 High Knees

25 Butt Kicks

25 Jumping Jacks

Workout: Complete 5 Rounds

50 Jump Rope

20 Clap Push Ups

30 Double Unders

20 Dips

50 Jump Rope

20 Alternating Pistol Squats

30 Double Unders

20 Pike Push Ups

Genya Workout Routine: Demonification Full Body Training C

Warm Up:

20 Minutes of On and Off Sprints

- Warm Up 5-10 Minutes then:
- 1 Minute ON: Sprint 1 Minute
- 1 Minute OFF: Walk 1 Minute
- For a Total of 20 Minutes Post Warm Up

Workout:

Weighted Glute Bridges

3×12, 10, 8

Weighted Dips

3×12, 10, 8

Overhead Press

3×15, 12, 10

Wide Grip Pulldown

3×12, 10, 8

Chin Ups

3×12, 10, 8

Seated Overhead Extension

3×12, 10, 8

Core Work:

Weighted Sit Ups

3×30

Hanging Knee Raises with Twist

3×30

Genya 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](#)