

JIGORO KUWAJIMA 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.

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JIGORO KUWAJIMA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Regardless of the background information we were able to pull for Jigoro and the fact that he is now older – we are still training like a former Demon Slayer Hashira. For that reason we'll be utilizing 3 days of strength and speed training and then 2 days devoted to speed and endurance in different formats.

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.

Jigoro Kuwajima Workout Routine: Sample Schedule

Monday: Thunder Hashira Strength and Speed Pull

Tuesday: Demon Slayer Endurance Work

Wednesday: Thunder Hashira Strength and Speed Push

Thursday: Demon Slayer Hashira Circuit Challenge

Friday: Thunder Hashira Strength and Speed Legs

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Jigoro Kuwajima Workout Routine: Thunder Hashira Strength and Speed Pull

Warm Up:

5 Minute Walk

20 Minute "On and Off" Sprints

5 Minute Cooldown

Workout:

Superset:

A. Dumbbell Deadlifts

3×12, 10, 8

B. Bent Over Rows

3×12, 10, 8

Superset B:

A. Chin Ups

3×10

B. Renegade Row Push Ups

3×12, 10, 8

Superset C:

A. Sit Ups

3×25

B. Lying Leg Raises

3×25

Jigoro Kuwajima Workout Routine: Demon Slayer Endurance Work

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](#)

Jigoro Kuwajima Workout Routine: Thunder Hashira Strength and Speed Push

Warm Up:

5 Minute Walk

20 Minute "On and Off" Sprints

5 Minute Cooldown

Workout:

Superset:

A. Incline Dumbbell Bench Press

3×12, 10, 8

B. Incline Dumbbell Flys

3×12, 10, 8

Superset B:

A. Barbell Shrugs

3×12, 10, 8

B. Clean and Press

3×12, 10, 8

Superset C:

A. Cable Tricep Pushdowns

3×12, 10, 8

B. Cable Overhead Extensions

3×12, 10, 8

Jigoro Kuwajima Workout Routine: Demon Slayer Hashira Circuit Challenge

Warm Up:

25 High Knees

25 Jumping Jacks

25 Butt Kicks

Workout: Complete for Time

Run 1 Mile

Complete 4 Rounds

25 Push Ups

20 Double Unders

15 Sit Ups

12 Dips

10 Pull Ups

Jigoro Kuwajima Workout Routine: Thunder Hashira Strength and Speed Legs

Warm Up:

5 Minute Walk

20 Minute "On and Off" Sprints

5 Minute Cooldown

Workout:

Superset:

A. Back Squats

3×12, 10, 8

B. Light Lunges

3×12, 10, 8 each leg

Superset B:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×12, 10, 8

Superset C:

A. Cable Crunches

3×25

B. Hanging Leg Raises

3×25

Jigoro Kuwajima 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](#)