

KANAE KOCHO WORKOUT ROUTINE



Bonus PDF File
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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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KANAE KOCHO WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

To train like our former Flower Hashira we'll be doing three days of full body workouts with weights and then two days that will be a nice mix of calisthenics, circuit training 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

Kanae Kocho Workout Routine: Sample Workout Schedule

Monday: Flower Hashira Full Body Workout A

Tuesday: Demon Slayer Endurance Circuit

Wednesday: Flower Hashira Full Body Workout B

Thursday: Demon Slayer Intensity Circuit

Friday: Flower Hashira Full Body Workout C

Saturday: Optional Flower Hashira Endurance, Parkour and/or MMA

Sunday: Mandatory Rest Day

Kanae Kocho Workout Routine: Flower Hashira Full Body Workout A

Warm Up:

800-1600M Run

Workout:

Back Squats

3×12, 10, 8

Chest Flys

3×12, 10, 8

Reverse Cable Flyes

3×12, 10, 8

Lateral Raises

3×12, 10, 8

Chin Ups

3×10

Sit Ups

3×25

Kanae Kocho Workout Routine: Demon Slayer Endurance Circuit

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

Workout: Complete 3 Rounds

400M Run

30 Kettlebell Swings

25 V-Ups

20 Jump Rope

15 Push Ups

10 Half Burpees

Kanae Kocho Workout Routine: Flower Hashira Full Body Workout B

Warm Up:

800-1600M Run

Workout:

Leg Press

3×12, 10, 8

Incline Dumbbell Press

3×12, 10, 8

Arnold Press

3×12, 10, 8

Cable Rows

3×12, 10, 8

Push Ups

3×20

Hanging Knee Raises

3×25

Kanae Kocho Workout Routine: Demon Slayer Intensity Circuit

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

Workout: Complete 3-5 Rounds

50 Jump Rope Skips

25 Straight Leg Deadlift

50 Jump Rope Skips

10 Curl to Press

50 Jump Rope Skips

25 Lying Leg Raises

50 Jump Rope Skips

10 Alternating Dumbbell Snatches

50 Jump Rope Skips

25 Push Ups

50 Jump Rope Skips

1-3 Minute Rest As Needed

Kanae Kocho Workout Routine: Flower Hashira Full Body Workout C

Warm Up:

800-1600M Run

Workout:

Weighted Glute Bridges

3×12, 10, 8

Hammer Press

3×12, 10, 8

Deadlift

3×12, 10, 8

Dumbbell Front Raises

3×12, 10, 8

Dips

3×12

Hollow Hold

3×30 Seconds

Kanae Kocho Workout Routine: Optional Alternative Training Resources

MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Parkour Training Resources

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Endurance Training 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 Train After Your First 5K \(Workout Included\)](#)

HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)