

KAWORA NAGISA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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.

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KAWORU NAGISA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to be using a fairly basic calisthenics routine that can be scaled up (I'll be listing the scaled variations below and you can then turn them into more difficult variations or add more reps) and also working around optional endurance work which I'll provide resources for as well.

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.

Kaworu Nagisa Workout Routine: Sample Schedule

Monday: Angel Calisthenics A

Tuesday: Optional Endurance Work or HIIT

Wednesday: Angel Calisthenics B

Thursday: Optional Endurance Work or HIIT

Friday: Angel Calisthenics C

Saturday: Optional Bonus Training Day

Sunday: Rest Day

Kaworu Nagisa Workout Routine: Angel Calisthenics A

Warm Up:

25 Jumping Jacks

25 High Knees

Workout:

Air Squats

3×20

Push Ups/Knee Push Ups

3×15

Chair Dips

3×10

Pike Push Ups (or Assisted Chin Ups)

3×8

Optional Core Work:

V-Ups

3×15

Lying Leg Raises

3×10

Kaworu Nagisa Workout Routine: Optional Endurance Work or HIIT

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](#)

Kaworu Nagisa Workout Routine: Angel Calisthenics B

Warm Up:

25 Jumping Jacks

25 High Knees

Workout:

Glute Bridges

3×20

Push Ups/Knee Push Ups

3×15

Plank to Push Ups

3×10

Assisted Pull Ups or Wall Climbs

3×8

Optional Core Work:

Sit Ups

3×15

Russian Twists

3×20

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- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

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Kaworu Nagisa Workout Routine: Angel Calisthenics C

Warm Up:

25 Jumping Jacks

25 High Knees

Workout:

Lunges

3×20 (total)

Push Ups/Knee Push Ups

3×15

Chair Dips

3×10

Pike Push Ups (or Assisted Chin Ups)

3×8

Optional Core Work:

Knee Tucks

3×15

Flutter Kicks

3×50

Kaworu Nagisa 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](#)