

# KEN “DRAKEN” RYUGUJI WORKOUT ROUTINE



Bonus PDF File  
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# KEN “DRAKEN” RYUGUJI WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

For Draken’s training we’re going to be training with weights 3 days a week and then our circuit training days are the same as Mikey’s to test our limits as the leader and vice president!

## 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.

## Ken Ryuguji Workout Routine: Sample Schedule

**Monday:** Tokyo Manji Gang Vice President Push Day

**Tuesday:** Draken Circuit Training A

**Wednesday:** Tokyo Manji Gang Vice President Pull Day

**Thursday:** Draken Circuit Training B

**Friday:** Tokyo Manji Gang Vice President Leg Day

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Ken Ryuguji Workout Routine: Tokyo Manji Vice President Push Day**

### **Warm Up:**

10 Minute Walk/Jog

### **Workout:**

Incline Dumbbell Bench Press

3×12, 10, 8

Arnold Press

3×12, 10, 8

Seated Overhead Press

3×12, 10, 8

Dumbbell Chest Flys

3×10

Barbell Shrugs

3×10

Reverse Grip Cable Pushdowns

3×10

**Optional Endurance Work:**

Complete 20-30+ Minutes of Varied Cardio

*Alternative Options:*

- [Best HIIT Workouts](#)
- [Jump Rope Workouts](#)

**Ken Ryuguji Workout Routine: Draken Circuit Training A**

**Warm Up:**

25 Jumping Jacks

25 High Knees

**Workout: Complete 4 Rounds**

400M Run

25 Push Ups

20 Air Squats

15 Sit Ups

12 Dips

10 Pull Ups

## **Ken Ryuguji Workout Routine: Tokyo Manji Vice President Pull Day**

### **Warm Up:**

10 Minute Walk/Jog

### **Workout:**

Deadlift

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Bent Over Barbell Rows

3×12, 10, 8

Alternating Barbell Hammer Curls

3×10 each arm

Chin Ups

3×10

High Cable Curls

3×10

**Optional Endurance Work:**

Complete 20-30+ Minutes of Varied Cardio

*Alternative Options:*

- [Best HIIT Workouts](#)
- [Jump Rope Workouts](#)

**Ken Ryuguji Workout Routine: Draken Circuit Training B**

**Warm Up:**

25 Jumping Jacks

25 High Knees

**Workout: Complete 2 Rounds**

800M Run

75 Push Ups

75 Air Squats

50 Sit Ups

50 Dips

25 Pull Ups

25 Hanging Leg Raises

## **Ken Ryuguji Workout Routine: Tokyo Manji Vice President Leg Day**

### **Warm Up:**

10 Minute Walk/Jog

### **Workout:**

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8



Calf Raises

3×12, 10, 8

Weighted Glute Bridges

3×10

Hamstring Curls

3×10

Quad Extensions

3×10

**Optional Endurance Work:**

Complete 20-30+ Minutes of Varied Cardio

*Alternative Options:*

- [Best HIIT Workouts](#)
- [Jump Rope Workouts](#)

**Ken Ryuguji 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](#)