

KISUKE URAHARA 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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KISUKE URAHARA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one we're going to be training with weights 3-4 days a week, starting with 3 days of full body weight training and then working it around 2 days of endurance work, one of which should be circuit training (although you can choose to do longer endurance and stamina training in place).

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.

Kisuke Urahara Workout Routine: Sample Schedule

Monday: Onmitsukidō Full Body Workout A

Tuesday: 12 Division Captain Endurance Work

Wednesday: Onmitsukidō Full Body Workout B

Thursday: 12 Division Captain Circuit Training

Friday: Onmitsukidō Full Body Workout C

Saturday: Demon Slayer Endurance or Rest Day

Sunday: Rest Day

Kisuke Urahara Workout Routine: Onmitsukidō Full Body Workout A

Warm Up:

10-15 Minutes of Cardio

Incline Walk, Row, Elliptical, Bike, at Easy->Moderate Intensity

Workout:

Back Squats

4×12, 10, 8, 6

Dumbbell Deadlifts

4×12, 10, 8, 6

Cable Front Raises

3×12

Cable Flys

3×12

Cable Kickbacks

3×12 each arm

Cable High Curls

3×12

Optional Core Work:

Cable Crunches

3×20

Hanging Knee Raises

3×20

L-Sit Hold

3×30 seconds

**Kisuke Urahara Workout Routine: 12 Division Captain
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](#)

Kisuke Urahara Workout Routine: Onmitsukidō Full Body Workout B

Warm Up:

10-15 Minutes of Cardio

Incline Walk, Row, Elliptical, Bike, at Easy->Moderate Intensity

Workout:

Incline Dumbbell Bench Press

4×12, 10, 8, 6

Close Grip Bench Press

4×12, 10, 8, 6

Lateral Raises

3×12

Leg Press

3×12

Close Grip Cable Rows

3×12

Preacher Curls

3×12

Optional Core Work:

Weighted Sit Ups

3×20

Toes to Bar

3×20

Plank Hold

3×60 seconds

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Kisuke Urahara Workout Routine: Onmitsukidō Full Body Workout C

Warm Up:

10-15 Minutes of Cardio

Incline Walk, Row, Elliptical, Bike, at Easy->Moderate Intensity

Workout:

Overhead Press

4×12, 10, 8, 6

Barbell Shrugs

4×12, 10, 8, 6

Weighted Dips

3×12

Bulgarian Split Squats

3×12

Chin Ups

3×12

Kettlebell Swings

3×12

Optional Core Work:

Knee Tucks

3×20

Hollow Holds

3×30 seconds

Superman Hold

3×30 seconds

Kisuke Urahara 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](#)