

BYAKUYA KUCHIKA 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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BYAKUYA KUCHIKI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training with 2 days of calisthenics, a day devoted to an endurance circuit and then two days of 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.

Byakuya Kuchiki Workout Routine: Sample Schedule

Monday: Kuchiki Clan Calisthenics Upper Body

Tuesday: 6th Division Captain Endurance Work

Wednesday: Endurance and Calisthenics Circuit

Thursday: 6th Division Captain Endurance Work

Friday: Kuchiki Clan Calisthenics Lower Body

Saturday: Demon Slayer Endurance or Rest Day

Sunday: Rest Day

Byakuya Kuchiki Workout Routine: Kuchiki Clan Calisthenics Upper Body

Warm Up:

10 Minute Jog

Workout:

Decline Push Ups

4x25

L-Sit Hold

4x20 Seconds

Plank to Push Ups

4x15

Dips

4x10

Chin Ups

4x8

Core Finisher: Complete 3 Rounds

20 Sit Ups

20 Second Hollow Hold

20 Lying Leg Raises

Byakuya Kuchiki Workout Routine: 6th 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](#)

Byakuya Kuchiki Workout Routine: Endurance and Calisthenics Circuit

Warm Up:

25 High Knees

25 Butt Kicks

25 Jumping Jacks

Workout: Complete 4 Rounds

400M Run

30 Mountain Climbers

25 Crunches

20 Push Ups

15 Chair Dips

10 Half Burpees

5 Pull Ups

Byakuya Kuchiki Workout Routine: 6th Division Captain Endurance Work

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Byakuya Kuchiki Workout Routine: Kuchiki Clan Calisthenics Lower Body

Warm Up:

10 Minute Jog

Workout:

Wide to Close Squats

4×25

Glute Bridges

4×20 Seconds

Box Jumps

4×15

Lunges

4×10 each leg

Alternating Pistol Squats

4×8 each leg

Core Finisher: Complete 3 Rounds

20 V-Ups

20 Second Superman Hold

20 Hanging Leg Raises

Byakuya Kuchiki 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](#)