

KAIDO WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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KAIDO WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

You have five days of weight training and then some optional additional work – but the focus is on getting big and strong and adding in triset intensity to put our speed to the test!

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.

Kaido Workout Routine: Sample Workout Schedule

Monday: Strongest Creature Chest and Core

Tuesday: Strongest Creature Legs and Calves

Wednesday: Strongest Creature Biceps and Triceps

Thursday: Strongest Creature Shoulders and Traps

Friday: Strongest Creature Back and Core

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Kaido Workout Routine: Strongest Creature Chest and Core

Warm Up:

10 Minute Incline Walk

Chest Workout:

Barbell Bench Press

5×15, 12, 10, 8, 5

Weighted Dips

4×5

Decline Cable Flyes

3×10

Tri-Set Finisher:

A. Incline Dumbbell Chest Press

3×10

B. Incline Dumbbell Flys

3×10

C. Incline Dumbbell Hex Press

3×10

Core Workout:

Cable Crunches

4×25

Hanging Knee Raises

4×25

Weighted Planks

4×60 Seconds

Kaido Workout Routine: Strongest Creature Legs and Calves

Warm Up:

10 Minute Incline Walk

Legs and Calves Workout:

Leg Press

5×15, 12, 10, 8, 5

Calf Raises on Leg Press

4×15

Hamstring Kickbacks

3×10

Quad Extensions

3×10

Tri-Set Finisher:

A. Weighted Lunges

3×10

B. Goblet Squats with Kettlebell

3×10

C. Cable Pullthroughs

3×10

Kaido Workout Routine: Strongest Creature Biceps and Triceps

Warm Up:

10 Minute Incline Walk

Biceps and Triceps Workout:

Preacher Curls

5×15, 12, 10, 8, 5 each arm

Tricep Overhead Extensions

4×12, 10, 8, 5

Concentration Curls

3×10 each arm

Tricep Cable Kickbacks

3×10 each arm

Tri-Set Finisher:

A. EZ Bar Curls

3×10

B. Cable Pushdowns

3×10

C. Wide to Close Push Ups

3×20

Kaido Workout Routine: Strongest Creature Shoulders and Traps

Warm Up:

10 Minute Incline Walk

Shoulders and Traps Workout:

Overhead Press

5×15, 12, 10, 8, 5

Barbell Shrugs

4×25

Hang Cleans

3×8

Dumbbell Curl to Press

3×10

Tri-Set Finisher:

A. Kettlebell Swings

3×10

B. Shoulder DB Front Raise

3×10

C. Lateral Raises

3×15

Kaido Workout Routine: Strongest Creature Back and Core

Warm Up:

10 Minute Incline Walk

Back Workout:

Deadlift

5×15, 12, 10, 8, 5

Chin Ups

4×10

Reverse Cable Flys

3×10

Tri-Set Finisher:

A. Bent Over Rows

3×10

B. Wide Grip Cable Pulldowns

3×10

C. Wide Grip Straight Arm Pulldown

3×10

Core Workout:

Weighted Sit Ups

4×25

Hanging Leg Raises

4×25

Weighted Side Planks

4×30 Seconds each side

Kaido Workout Routine: Optional Additional Training Resources

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](#)

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 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](#)