

# KAIYOU KAKU WORKOUT ROUTINE



Bonus PDF File  
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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.

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# KAIYOU KAKU WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be training with 3 days of full body calisthenics training with a bit of interval training and then we'll also have 2 days worth of circuit training with some small work for our endurance.

## 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.

## Kaiyou Kaku Workout: Sample Workout Schedule

**Monday:** Chinese Kenpo HIIT and Calisthenics A

**Tuesday:** Supreme Grandmaster Endurance Work and Circuit A

**Wednesday:** Chinese Kenpo HIIT and Calisthenics B

**Thursday:** Supreme Grandmaster Endurance Work and Circuit B

**Friday:** Chinese Kenpo HIIT and Calisthenics C

**Saturday:** Rest Day or MMA or Parkour Work

**Sunday:** Mandatory Rest Day

## **Kaiou Kaku Workout: Chinese Kenpo HIIT and Calisthenics A**

### **Warm Up:**

High Knees x 20

Butt Kickers x 20

Jumping Jacks x 20

### **HIIT Cardio (Or Sub MMA Training w/ Resources Below):**

*20-30 Minutes of Interval Training:*

1 Minute ON: Sprint 6-10 MPH

1 Minute OFF: Walk 2-3.5 MPH

### **Calisthenics A:**

Push Up

4x25

Air Squats

4x20

Dips

4x15

Lunges

4×10 each leg

Chin Ups

4×8

**Core:**

Sit Ups

3×25

Lying Leg Raises

3×20

## **Kaiou Kaku Workout: Supreme Grandmaster Endurance Work and Circuit A**

*\*\*Endurance work can be done before or after your circuit. I generally recommend after.\*\**

**Circuit A:**

2 Rounds/No Breaks Between Rounds

100 Jump Ropes

50 Mountain Climbers

40 Push Ups

30 Jump Squats

20 Dips

10 Burpees

5 Pull Ups

### **Endurance Work:**

**For your endurance, HIIT or MMA/Parkour 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](#)

## **Kaiou Kaku Workout: Chinese Kenpo HIIT and Calisthenics B**

**Warm Up:**

High Knees x 20

Butt Kickers x 20

Jumping Jacks x 20

**HIIT Cardio (Or Sub MMA Training w/ Resources Below):**

*20-30 Minutes of Interval Training:*

1 Minute ON: Sprint 6-10 MPH

1 Minute OFF: Walk 2-3.5 MPH

**Calisthenics B:**

Plank to Push Ups

3×20

Pistol Squats

3×10 each leg

Pike Push Ups

3×10

L-Sit Holds

3×30 Seconds

Wall Sits

3×60 Seconds

**Core:**

Bicycle Crunches

3×30

Hanging Knee Raises w/ Twist

3×20

**Kaiou Kaku Workout: Supreme Grandmaster Endurance Work  
and Circuit B**



*\*\*Endurance work can be done before or after your circuit. I generally recommend after.\*\**

**Circuit A:**

3 Rounds/1 Minute Break Between Rounds

25 Double Unders

50 Crunches

25 Shoulder taps

50 Jumping Jacks

25 Explosive Push Ups

50 Second Hollow Hold

25 Jumping Lunges

**Endurance Work:**

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*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:**

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- [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](#)

## **Kaiou Kaku Workout: Chinese Kenpo HIIT and Calisthenics C**

**Warm Up:**

High Knees x 20

Butt Kickers x 20

Jumping Jacks x 20

**HIIT Cardio (Or Sub MMA Training w/ Resources Below):**

*20-30 Minutes of Interval Training:*

1 Minute ON: Sprint 6-10 MPH

1 Minute OFF: Walk 2-3.5 MPH

**Calisthenics C:**

Wide to Close Push Ups

3×20

Bulgarian Split Squats

3×10 each leg

Wide Grip Pull Ups

3×10

Tricep Extensions (Bodyweight)

3×25

Planks

3×60 Seconds

**Core:**

V-Ups

3×25

Lying Leg Raises

3×20

Flutter Kicks

3×20

## **Kaiou Kaku 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](#)