

KAIYOU RETSU 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.

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KAIYOU RETSU WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training with 3 days of PPL (Push, Pull, Legs) and then 2 days revolving around intensity and endurance work. Your base weight training days will also revolve around intensity with trisets and volume.

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 Retsu Workout Routine: Sample Schedule

Monday: Kenpo Pull and Core

Tuesday: Kaiyou Intensity Circuit

Wednesday: Kenpo Push Strength

Thursday: China's Strongest Endurance Work

Friday: Kenpo Legs and Core

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Kaiou Retsu Workout Routine: Kenpo Pull and Core

Warm Up:

5-15 Minute Walk/Jog or Preferred Movement

Workout:

Tri-Set A:

A. Kettlebell Deadlift

3×15

B. Bent Over Dumbbell Rows

3×15

C. Close to Wide Push Ups

3×Failure

Tri-Set B:

A. Wide Grip Pulldowns

3×15

B. Dumbbell Bicep Curls

3×10 (each arm)

C. Chin Ups

3×Failure

Tri-Set C:

A. Superman Hold

3×30 seconds

B. Sit Ups

3×30

C. Toes to Bar

3×20

Kaiou Retsu Workout Routine: Kaiou Intensity Circuit

Warm Up:

2×25 Jumping Jacks

2×25 High Knees

2×25 Butt Kicks

Workout: Complete 4 Rounds for Time

800M Run

50 Push Ups

40 Air Squats

30 Sit Ups

20 Dips

12 Pull Ups

Kaiou Retsu Workout Routine: Kenpo Push Strength

Warm Up:

5-15 Minute Walk/Jog or Preferred Movement

Workout:

Tri-Set A:

A. Incline Dumbbell Bench Press

3×15

B. Incline Dumbbell Flys

3×15

C. Explosive Push Ups

3×Failure

Tri-Set B:

A. Close Grip Bench Press

3×15

B. Overhead Dumbbell Extensions

3×10

C. Dips

3×Failure

Tri-Set C:

A. Arnold Press

3×12

B. Kettlebell Swings

3×15

C. L-Sit Hold

3×30 Seconds

Kaiou Retsu Workout Routine: China's Strongest 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 Retsu Workout Routine: Kenpo Legs and Core

Warm Up:

5-15 Minute Walk/Jog or Preferred Movement

Workout:

Tri-Set A:

A. Back Squats

3×10

B. Cable Pull Throughs with Rope

3×10

C. Weighted Step Ups

3×Failure

Tri-Set B:

A. Leg Press

3×12

B. Leg Press Machine Calf Raises

3×20

C. Double Unders

3×Failure

Tri-Set C:

A. Hollow Hold

3×30 seconds

B. Cable Crunches

3×25

C. Hanging Knee Raises with Twist

3×20

Kaiou Retsu 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](#)

- [Sangat Workout Routine](#)