

KAORU HANAYAMA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

KAORU HANAYAMA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be lifting HEAVY, as I mentioned above. We'll be training around compound lifts the majority of the time, but will also tack on accessory work as well as extra grip strength training mid week.

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.

Kaoru Hanayama Workout Routine: Sample Workout Schedule

Monday: Squats and Back Work

Tuesday: Deadlift and Bench Press

Wednesday: Accessory and Grip Strength

Thursday: Squats and Back Work

Friday: Deadlift and Bench Press

Saturday: Rest Day

Sunday: Active Rest Day

Kaoru Hanayama Workout Routine: Squats and Back

Heavy Work:

Back Squats

5×15, 10, 5, 5, 3

Bent Over Barbell Rows

4×10

Front Squats

4×10

Accessory Lifts:

Lateral Raises

3×10

Wide Grip Lateral Pulldowns

3×10

Weighted Chin Ups

3×10

Barbell Shrugs

3×15

Kaoru Hanayama Workout Routine: Deadlifts and Bench Press

Heavy Work:

Bench Press

5×15, 10, 5, 5, 3

Deadlift

5×15, 10, 5, 5, 3

Incline Dumbbell Press

3×12, 10, 8

Accessory Lifts:

Upright Rows

3×10

Seated Calf Raises

3×10

Chest Flyes

3×10

Reverse Grip Cable Pushdowns

3×10

Kaoru Hanayama Workout Routine: Accessory and Grip Strength

Heavy Farmers Carry

5x50M

Zottman Curls

4×12

EZ Bar Reverse Curls

4×12

Pull Ups

4x12

Dead Hangs

4xFailure

Press Ups (Fingers Only)

4x20

Reverse Press Up

4x20

Kaoru Hanayama Workout Routine: Squats and Back

Heavy Work:

Back Squats

5x15, 10, 5, 5, 3

Bent Over Barbell Rows

4x10

Front Squats

4x10

Accessory Lifts:

Hamstring Curls

3×10

Quad Extensions

3×10

Single Arm KB Deadlift (Alternating)

3×10 each arm

Kettlebell Swings

3×10

Kaoru Hanayama Workout Routine: Deadlift and Bench Press

Heavy Work:

Deficit Deadlifts

4×5

Bench Press

5×15, 10, 5, 5, 3

Deadlift

5×15, 10, 5, 5, 3

Accessory Lifts:

Power Cleans

3×10

Incline Dumbbell Press

3×10

Preacher Curls

3×10

Tricep Cable Kickbacks

3×10 each arm

Kaoru Hanayama Workout Routine: Optional Additional Training Resources

Endurance 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 \(Workout Included\)](#)

HIIT 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](#)

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](#)