

IZANA KUROKAWA WORKOUT ROUTINE



Bonus PDF File
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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.

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IZANA KUROKAWA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to be training with 3 days of weight training that revolve around a PPL (Push, Pull, Leg Split) and then we'll also have a full body circuit training day and a final day devoted to some extra endurance work that can be turned into some bonus HIIT training if you prefer.

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.

Izana Workout: Sample Workout Schedule

Monday: Tenjiku Push and Calisthenics

Tuesday: Sano Family Circuit Test

Wednesday: Tenjiku Pull and Calisthenics

Thursday: Kurokawa Endurance Work

Friday: Tenjiku Legs and Calisthenics

Saturday: Active Rest or Bonus Endurance Work

Sunday: Rest Day

Izana Workout Routine: Tenjiku Push and Calisthenics

Warm Up:

5-15 Minute Incline Walk

Workout:

Incline Dumbbell Bench Press

3×12, 10, 8

Overhead Press

3×12, 10, 8

Tricep Cable Pushdowns

3×10

Dips

3×10

Explosive Push Ups

3×20

Kettlebell Swings

3×15

Izana Workout Routine: Sano Family Circuit Test

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)

Sano Family Circuit Test: Complete 4 Rounds for Time

800M Run

30 Sit Ups with Twist

25 Decline Push Ups

20 Box Jumps

15 Second L-Sit Hold

10 Pull Ups

Izana Workout Routine: Tenjiku Pull and Calisthenics

Warm Up:

5-15 Minute Incline Walk

Workout:

Wide Grip Cable Rows

3×12, 10, 8

Close Grip Pulldowns

3×12, 10, 8

Cable Curls

3×10

Chin Ups

3×10

Close to Wide Push Ups

3×20

Lateral Raises

3×12

Izana Workout Routine: Kurokawa Endurance Work or HIIT Sub

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](#)

Izana Workout Routine: Tenjiku Legs and Calisthenics

Warm Up:

5-15 Minute Incline Walk

Workout:

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Hamstring Curls

3×10

Quad Extensions

3×10

Cable Crunches

3×20

Hanging Leg Raises

3×20

Izana 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](#)