

KAZUTORA 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.

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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KAZUTORA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

Since we're working around more of an intermediate level we'll be utilizing 3 days of calisthenics training and then 2 days will be devoted to endurance and circuit style training. The endurance work will be an add-on if you want to work on your fighter endurance and the circuit is something you can do every week, or come back to every once in a while to test your improvement.

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.

Kazutora Workout Routine: Sample Workout Schedule

Monday: Valhalla Calisthenics A

Tuesday: Manji Founder Circuit Test

Wednesday: Valhalla Calisthenics B

Thursday: Tomon Endurance Work

Friday: Valhalla Calisthenics C

Saturday: Optional MMA/Parkour/Extra Endurance or Active Rest Day

Sunday: Mandatory Rest Day

Kazutora Workout Routine: Valhalla Calisthenics A

Warm Up:

800m Run

Superset A:

A. Close Grip Push Ups

3×15

B. Double Unders

3×20

Superset B:

A. Dips

3×10

B. Planking Shoulder Taps

3×20

Circuit Finisher: Complete Three Rounds

20 Push Ups

10 Half Burpees

20 Chair Dips

10 Mountain Climbers

Kazutora Workout Routine: Manji Founder 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!)

Circuit: Complete 4 Rounds

400M Run

20 Push Ups

30 Air Squats

20 Sit Ups

30 Second Plank

20 Dips

Kazutora Workout Routine: Valhalla Calisthenics B

Warm Up:

800m Run

Superset A:

A. Wide Grip Push Ups

3×20

B. Burpees

3×10

Superset B:

A. Chin Ups

3×10

B. Wide To Close Explosive Push Ups

3×10

Circuit Finisher: Complete Three Rounds

20 Second Hollow Hold

10 Wide Grip Pull Ups

20 Regular Push Ups

10 Box Jumps

Kazutora Workout Routine: Toman 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](#)
- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Kazutora Workout Routine: Valhalla Calisthenics C

Warm Up:

800m Run

Superset A:

A. Air Squats

3×20

B. Double Unders

3×20

Superset B:

A. Jumping Lunges

3×20

B. Boxer Skips

3×50

Circuit Finisher: Complete Three Rounds

20 Glute Bridges

10 Box Step Ups (Each Leg)

20 Chair Dips

10 Meter Sprint

Kazutora 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](#)