

RUKIA KUCHIKI 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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RUKIA KUCHIKI WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to be basing this one around 3 days of calisthenics training, one day of endurance work, and then a Shunpo Expert Circuit Test to put our skills to the test (you can do this test weekly, bi-weekly or ever so often). Don't be afraid to scale this program down and cut some of the volume if needed.

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.

Rukia Kuchiki Workout Routine: Sample Workout Schedule

Monday: Kido Expert Calisthenics A

Tuesday: Shunpo Circuit Test

Wednesday: Kido Expert Calisthenics B

Thursday: Enhanced Endurance Work

Friday: Kido Expert Calisthenics C

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Rukia Kuchiki Workout Routine: Kido Expert Calisthenics A

Warm Up:

Light 10-15 Minute Jog

Workout:

Air Squats

3×25

Push Ups

3×20

Plank to Push Ups

3×12

Pull Ups (or Pike Push Ups)

3×8

Core Work:

Plank

3×60 Seconds

Sit Ups

3×20

Lying Leg Raises

3×20

Rukia Kuchiki Workout Routine: Shunpo 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!)

Shunpo Circuit Test: Complete 4 Rounds for Time

400M Run

30 Mountain Climbers

25 Glute Bridges

20 Pike Push Ups

15 Jump Squats

10 Decline Push Ups

5 Alternating Pistol Squats (Each Leg)

Rukia Kuchiki Workout Routine: Kido Expert Calisthenics B

Warm Up:

Light 10-15 Minute Jog

Workout:

Glute Bridges

3×25

Decline Push Ups

3×20

Dips

3×12

Chin Ups (or Pike Push Ups)

3×8

Core Work:

Hollow Holds

3×30 Seconds

V-Ups

3×20

Hanging Knee Raises

3×20

Rukia Kuchiki Workout Routine: Enhanced Endurance Work

For your endurance or HIIT 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](#)

Rukia Kuchiki Workout Routine: Kido Expert Calisthenics C

Warm Up:

Light 10-15 Minute Jog

Workout:

Lunges

3×30 total

Clap Push Ups

3×20

Dips

3×12

Chin Ups (or Pike Push Ups)

3×8

Core Work:

Superman Hold

3×30 Seconds

Bicycle Crunches

3×20

Flutter Kicks

3×30

Rukia Kuchiki 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](#)