

# GENKAI WORKOUT ROUTINE



Bonus PDF File  
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# GENKAI WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be working with bodyweight and calisthenics training here but we'll also be keeping the volume and intensity high considering we're training to become one of the most powerful female anime characters of all time. For this we'll have four days a week of different styled calisthenics circuits and then one day devoted to strictly endurance recovery work 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.

## Genkai Workout Routine: Sample Schedule

**Monday:** Master Spirit Detective Calisthenics HIIT A

**Tuesday:** Master Spirit Detective Calisthenics and HIIT A

**Wednesday:** Yu Yu Fighter Endurance Training

**Thursday:** Master Spirit Detective Calisthenics HIIT B

**Friday:** Master Spirit Detective Calisthenics and HIIT B

**Saturday:** Optional Additional Training with Resources or Sub MMA Training

**Sunday:** Rest Day

**Genkai Workout Routine: Master Spirit Detective Calisthenics HIIT A**

**Warm Up:**

Run 800M

**Workout: Complete 3-5 Rounds**

50 Jumping Jacks (or Jump Rope Skips)

15 Push Ups

30 Mountain Climbers

10 Plank to Push Ups

50 Jumping Jacks (or Jump Rope Skips)

10 Pull Ups

30 High Knees

15 Air Squats

50 Jumping Jacks (or Jump Rope Skips)

*Rest 2-5 Minutes as Needed*

## **Genkai Workout Routine: Master Spirit Detective Calisthenics and HIIT A**

### **Warm Up:**

Jump Rope (or Jumping Jacks)

3×100

### **Workout:**

Push Ups

3×20

Air Squats

3×20

Sit Ups

3×20

Dips

3×15

Pull Ups Variation

3×10

### **Core HIIT A: Complete each for 30 Seconds**

V-Ups

Hollow Hold

Lying Leg Raises

Superman Hold

Bicycle Crunches

L-Sit Hold

## **Genkai Workout Routine: Yu Yu Fighter Endurance Training**

### **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 \(Workout Included\)](#)

## **Genkai Workout Routine: Master Spirit Detective Calisthenics HIIT B**

### **Warm Up:**

Run 800M

**Workout: Complete 3-5 Rounds**

50 Jumping Jacks (or Jump Rope Skips)

10 Close to Wide Push Ups

30 Mountain Climbers

20 Sit Ups

50 Jumping Jacks (or Jump Rope Skips)

20 Lying Leg Raises

30 High Knees

10 Box Jumps

50 Jumping Jacks (or Jump Rope Skips)

*Rest 2-5 Minutes as Needed*

**Genkai Workout Routine: Master Spirit Detective Calisthenics and HIIT  
B**

**Warm Up:**

Jump Rope (or Jumping Jacks)

3×100

**Workout:**

Push Ups

3×20

Air Squats

3×20

Sit Ups

3×20

Dips

3×15

Pull Ups Variation

3×10

**Core HIIT B: Complete each for 30 Seconds**

Knee Tucks

Side Plank Right Side

Russian Twists

Side Plank Left Side

Planking Knee to Elbows

Plank Hold



## **Genkai Workout Routine: Optional Additional Training Resources**

### **HIIT Training 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](#)