

KAFKA HIBINO CALISTHENICS 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.

KAFKA HIBINO CALISTHENICS WORKOUT ROUTINE

Training Volume:

4 days per week of calisthenics and 1-2 days a week of endurance training

Explanation:

For this one we'll be utilizing four days of calisthenics training that will be based on hitting fatigue and using progressive overload to focus on hypertrophy and building muscle, but the scaling up will be on you. It'll be your job to tack on 1-2 days of endurance work on top of your calisthenics.

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.

Kafka Hibino Calisthenics Workout: Sample Workout Schedule

Monday: Upper Body Focused Calisthenics

Tuesday: Full Body Calisthenics

Wednesday: Long Distance Cardio Endurance Training

Thursday: Lower Body Focused Calisthenics

Friday: Full Body Calisthenics

Saturday: Long Distance Cardio Endurance Training

Sunday: Rest Day

Kafka Hibino Calisthenics Workout: Upper Body Focused Calisthenics

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Regular Push Ups (Can Scale on Knees)

4×25

Skull Crushers (Calisthenics)

4×20

Wide to Close Push Ups (Can Scale on Knees)

4×20

Dips (Can Scale using Chair)

4×20

Pull Ups (Can Scale to Pikes)

4×10

Core Work:

Forearm Plank

3×60 Seconds

V-Ups

3×30

Leg Raises (Lying or Hanging)

3×25

Kafka Hibino Calisthenics Workout: Full Body Focused Calisthenics

For your full body calisthenics days we're going to focus in on working with the most effective compound calisthenics movements and hit them HARD.

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Explosive Push Ups

5×30

Jump Squats

5×20

Dips

5×15

Chin Ups

5×10

Kafka Hibino Calisthenics Workout: Lower Body Focused Calisthenics

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Air Squats (Can Scale Using Chair)

4×25

Glute Bridges

4×20

Bulgarian Split Squats

4×20 each leg

Alternating Pistol Squats (Scale Using Chair)

4×20 total

Box Jumps

4×10

Core Work:

Forearm Plank

3×60 Seconds

Sit Ups

3×30

Russian Twists

3×25

Kafka Hibino Calisthenics Workout: Full Body Focused Calisthenics

For your full body calisthenics days we're going to focus in on working with the most effective compound calisthenics movements and hit them HARD.

Warm Up:

Jog 400m

Initial Work:

Your starting work is scalable but as the weeks go by it's your responsibility to increase the volume/rep count.

Explosive Push Ups

5×30

Jump Squats

5×20

Dips

5×15

Chin Ups

5×10