

KENICHI 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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KENICHI WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

We're going to be training with 3 full body training days per week and then a day devoted to a Kenichi Martial Arts Circuit Test and one final day working specifically towards Kenichi's endurance.

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.

Kenichi Workout Routine: Sample Schedule

Monday: Strongest Disciple Legs and Core

Tuesday: Kenichi Martial Arts Circuit Test

Wednesday: Strongest Disciple Push Day

Thursday: Mightiest Disciple Endurance Work

Friday: Strongest Disciple Pull and Core

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Kenichi Workout Routine: Strongest Disciple Legs and Core

Warm Up:

20-30 Minutes of Varied Cardio/Endurance Work

(Cardio can be done before or after your weightlifting)

Workout:

Quad-Set A:

A. Goblet Squats

3×12

B. Weighted Lunges

3×10 each leg

C. Cable Pullthroughs

3×12

D. Box Jumps

3×Failure

Quad Set B:

A. Leg Press

3×12

B. Calf Raises on Leg Press Machine

3×12

C. Hamstring Kickbacks or Curls

3×12 each leg

D. Quad Extensions

3×Failure

Tri-Set A:

A. Cable Crunches

3×20

B. Hanging Knee Raises

3×20

C. Hollow Holds

3×30 seconds

Kenichi Workout Routine: Kenichi Martial Arts 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!)

Kenichi Martial Arts Circuit Test: Complete 6 Rounds for Time

Run 400M

20 Wide to Close Goblet Squats

15 Clap Push Ups

10 Kettlebell Swings

5 Burpees

Kenichi Workout Routine: Strongest Disciple Push Day

Warm Up:

20-30 Minutes of Varied Cardio/Endurance Work

(Cardio can be done before or after your weightlifting)

Workout:

Quad-Set A:

A. Incline Dumbbell Bench Press

3×12

B. Incline Dumbbell Chest Flyes

3×12

C. Incline Dumbbell Hex Press

3×12

D. Diamond Push Ups

3×Failure

Quad Set B:

A. Overhead Press

3×12

B. Hang Cleans

3×12

C. Upright Rows

3×12

D. Barbell Shrugs

3×Failure

Tri-Set A:

A. Tricep Overhead Cable Extension

3×12

B. Tricep Cable Pushdowns

3×12

C. Tricep Cable Kickbacks

3×12 each arm

Kenichi Workout Routine: Mightiest Disciple 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

Kenichi Workout Routine: Strongest Disciple Pull and Core

Warm Up:

20-30 Minutes of Varied Cardio/Endurance Work

(Cardio can be done before or after your weightlifting)

Workout:

Quad-Set A:

A. Deadlifts

3×12

B. Wide Grip Cable Pulldowns

3×12

C. Straight Arm Pulldowns

3×12

D. Chin Ups

3×Failure

Quad Set B:

A. Bent Over Barbell Rows

3×12

B. Standing Cable Curls

3×12

C. Reverse Cable Extensions

3×12

D. Cable High Curls

3×Failure

Tri-Set A:

A. Sit Ups

3×20

B. Lying Leg Raises

3×20

C. Superman Hold

3×30 seconds

Kenichi 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](#)