

# SHO KUSAKABE WORKOUT ROUTINE



Bonus PDF File  
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# SHO KUSAKABE WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

For this one we're going to be working around 3 days of full body training that will also work on muscle endurance while building tons of strength with supersets, and then we'll also tack on Father's Circuit Test and a day devoted to endurance as well.

## 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.

## Sho Kusakabe Workout Routine: Sample Workout Schedule

**Monday:** Enhanced Strength and Speed Full Body A

**Tuesday:** Fire Force Themed Circuit Test

**Wednesday:** Enhanced Strength and Speed Full Body B

**Thursday:** Knights of Ashen Flame Endurance Work

**Friday:** Enhanced Strength and Speed Full Body C

**Saturday:** Optional Bonus Training Day

**Sunday:** Rest Day

## **Sho Kusakabe Workout Routine: Enhanced Strength and Speed Full Body A**

**Warm Up:**

800M Jog

**Workout:**

**Superset One:**

A. Dumbbell Incline Bench Press

3×10

B. Dumbbell Skull Crushers

3×10

**Superset Two:**

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

**Superset Three:**

A. Cable Rows

3×10

B. Standing Alternating Dumbbell Curls

3×10 each arm

**Superset Four:**

A. Arnold Press

3×10

B. Kettlebell Swings

3×10

**Sho Kusakabe Workout Routine: Fire Forced Theme 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!)*

### **Fire Force Themed Circuit Test: Complete 3 Rounds for Time**

Run 800M

25 Kettlebell Swings

30 Mountain Climbers

15 Goblet Squats

30 Lying Leg Raises

10 Pull Ups

### **Sho Kusakabe Workout Routine: Enhanced Strength and Speed Full Body B**

**Warm Up:**

800M Jog

**Workout:**

**Superset One:**

A. Chest Flyes

3×10

B. Cable Pushdowns

3×10

**Superset Two:**

A. Goblet Squats

3×10

B. Seated Calf Raises

3×10

**Superset Three:**

A. Wide Grip Pulldowns

3×10

B. Chin Ups

3×10

**Superset Four:**

A. Standing Dumbbell Front Raises

3×10

B. Hanging Leg Raises

3×20

## **Sho Kusakabe Workout Routine: Knights of Ashen Flame 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

## **Sho Kusakabe Workout Routine: Enhanced Physiology Full Body C**

**Warm Up:**

800M Jog

**Workout:**

**Superset One:**

A. Chest Dips

3×15

B. Seated Dumbbell Overhead Extension

3×10

**Superset Two:**

A. Hamstring Curls

3×10

B. Quad Extensions

3×10

**Superset Three:**

A. Deadlifts

3×10

B. Hammer Curls

3×10 each arm

Superset Four:

A. Upright Rows

3×10

B. Sit Ups

3×20

## Sho Kusakabe Workout Routine: Bonus 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](#)