

KAIOH RYU 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.

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KAIOH RYU WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

For this one we're going to be training with 4 full body training days per week to get strong while also shaping a massive physique AND allowing beginners to jump in quite easily. Feel free to scale down by cutting out some volume or even cutting off one of the four training days each week. I'll also be including a 100 Year Old Circuit Test and some bonus endurance work to really finish up Ryu's character and do him justice.

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.

Kaioh Ryu Workout Routine: Sample Schedule

Monday: Byaku-Rinji Full Body A

Tuesday: Byaku-Rinji Full Body B

Wednesday: 100 Year Old Circuit Test

Thursday: Byaku-Rinji Full Body C

Friday: Byaku-Rinji Full Body D

Saturday: Active Rest or Optional Bonus Resources

Sunday: Rest Day

Kaioh Ryu Workout Routine: Byaku-Rinji Full Body A

Warm Up:

30-60 Minutes of Varied Cardio

If you'd like to complete 30+ minutes after your workout or no cardio, complete 10-15 as a warm up instead

Workout:

Incline Dumbbell Bench Press

4×15, 12, 10, 8

Weighted Lunges

3×15, 12, 10 [total]

Cable Rows

3×12, 10, 8

Seated Curl to Press

3×12, 10, 8

Tricep Kickbacks

3×10

Chin Ups

3×10

Optional Core Work:

Sit Ups

3×25

Lying Leg Raises

3×25

Optional Finisher Cardio:

Complete 30+ minutes of Varied Cardio

Kaioh Ryu Workout Routine: Byaku-Rinji Full Body B

Warm Up:

30-60 Minutes of Varied Cardio

If you'd like to complete 30+ minutes after your workout or no cardio, complete 10-15 as a warm up instead

Workout:

Goblet Squats

4×15, 12, 10, 8

Chest Flys

3×15, 12, 10

Wide Grip Cable Pulldowns

3×12, 10, 8

Kettlebell Swings

3×12, 10, 8

Dips

3×10

High Cable Curls

3×10

Optional Core Work:

Cable Crunches

3×25

Russian Twists

3×25

Optional Finisher Cardio:

Complete 30+ minutes of Varied Cardio

Kaioh Ryu Workout: 100 Year Old 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!)

100 Year Old Circuit Test: Complete 1 Round for Time

Run 1 Mile

Plank Hold x 60 Seconds

Push Ups x 50

Goblet Squats x 40

Sit Ups x 30

Curl to Press x 20

Burpees x 10

Deadlifts x 5

Kaioh Ryu Workout Routine: Byaku-Rinji Full Body C

Warm Up:

30-60 Minutes of Varied Cardio

If you'd like to complete 30+ minutes after your workout or no cardio, complete 10-15 as a warm up instead

Workout:

Barbell Bent Over Rows

4x15, 12, 10, 8

Bulgarian Split Squats

3×15, 12, 10 [total]

Decline Hammer Press

3×12, 10, 8

Dumbbell Front Raises

3×12, 10, 8

Wide Pull Ups

3×10

Tricep Cable Pushdowns

3×10

Optional Core Work:

V-Ups

3×25

Hanging Knee Raises with Twist

3×20

Optional Finisher Cardio:

Complete 30+ minutes of Varied Cardio

Kaioh Ryu Workout Routine: Byaku-Rinji Full Body D

Warm Up:

30-60 Minutes of Varied Cardio

If you'd like to complete 30+ minutes after your workout or no cardio, complete 10-15 as a warm up instead

Workout:

Standing Overhead Press

4×15, 12, 10, 8

Leg Press

3×15, 12, 10

Single Arm Bent Over DB Rows

3×12, 10, 8

DB or Barbell Shrugs

3×12, 10, 8

Plank to Push Ups

3×10

Wide to Close Push Ups

3×20

Optional Core Work:

Reverse Crunches

3×25

Toes to Bar (or Knees to Elbow)

3x25

Optional Finisher Cardio:

Complete 30+ minutes of Varied Cardio

Kaioh Ryu Workout Routine: Optional 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

Kaioh Ryu Workout: 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](#)