

# KAKERU RYUEN WORKOUT ROUTINE



Bonus PDF File  
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# KAKERU RYUEN WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

For this one we'll be using 3 full body training days per week which will be perfect for an intermediate level that allows us to get shredded and tack on a decent amount of mass at the same time. I'll also include an optional endurance day and a Class 1-C Circuit Test you can do weekly, biweekly or monthly as you see fit.

## 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.

## Kakeru Ryuen Workout Routine: Sample Schedule

**Monday:** Class Rep Full Body A

**Tuesday:** Class 1-C Circuit Test

**Wednesday:** Class Rep Full Body B

**Thursday:** Optional Endurance Training

**Friday:** Class Rep Full Body C

**Saturday:** Active Rest or Optional Bonus Resources

**Sunday:** Rest Day

## **Kakeru Ryuen Workout Routine: Class Rep Full Body A**

### **Warm Up:**

15-30 Minutes of Varied Cardio

Walk/Run/Bike/Elliptical

### **Workout:**

Incline Dumbbell Bench Press

3×15, 12, 10

Close Grip Cable Rows

3×15, 12, 10

Leg Press

3×15, 12, 10

Dumbbell Front Raises

3×15, 12, 10

Alternating Dumbbell Curls

3×10 each arm

Overhead Tricep Extension

3×10

**Optional Core Work:**

Sit Ups

3×20

Lying Leg Raises

3×20

## **Kakeru Ryuen Workout Routine: Class 1-C 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!)*

### **Class 1-C Circuit Test: Complete 5 Rounds for Time**

5 Wide Push Ups

5 Jump Rope

5 Incline Push Ups

5 Jump Rope

5 Decline Push Ups

5 Jump Rope

5 Close Push Ups

5 Jump Rope

5 Push Ups

## **Kakeru Ryuen Workout Routine: Class Rep Full Body B**

### **Warm Up:**

15-30 Minutes of Varied Cardio

Walk/Run/Bike/Elliptical

### **Workout:**

Dumbbell Deadlifts

3×15, 12, 10

Seated Military Press

3×15, 12, 10

Hamstring Curls

3×15, 12, 10

Cable Chest Flys

3×15, 12, 10

Hammer Curls with Rope (Cables)

3×10

Cable Kickbacks

3×10 each arm

**Optional Core Work:**

Cable Crunches

3×20

Hanging Knee Raises

3×20

## **Kakeru Ryuen Workout: 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

## **Kakeru Ryuen Workout Routine: Class Rep Full Body C**

### **Warm Up:**

15-30 Minutes of Varied Cardio

Walk/Run/Bike/Elliptical

### **Workout:**

Bulgarian Split Squats

3×15, 12, 10 each leg

Wide Grip Cable Pulldowns

3×15, 12, 10

Arnold Press

3×15, 12, 10

Hammer Strength Press

3×15, 12, 10

EZ Bar 21s

3×21

Tricep Cable Pushdowns

3×10

**Optional Core Work:**

V-Ups

3×20

Russian Twists

3×20

**Kakeru Ryuen Workout: 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](#)