

ONE PUNCH MAN WORKOUT ROUTINE



BONUS PDF FILE

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The One Punch Man Workout Routine:

Training Volume:

Everyday for a year and a half!

Explanation:

According to Saitama, after a year and a half he had achieved some level of superhuman strength.

The Workout Routine:

100 Push-Ups

100 Sit-Ups

100 Squats

10km Run