

HIROYUKI SANADA WORKOUT ROUTINE



Bonus PDF File
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HIROYUKI SANADA WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

Technically speaking I'm only programming you 3-5 days of body weight and cardiovascular training here. BUT, if you want to actually be training like Hiroyuki Sanada you'll need to hit a local dojo and start your mixed martial arts career. I will also be adding links to other mixed martial arts programs we have had from Coach Derek. You can choose to add those into this program OR utilize them all the way through in place of this.

More Information:

You CAN do this body weight training every single day if you'd like. You can also get out there and do varied cardio and training every day to get active. You'll likely want at least one off day to recover, but I will also be programming you a running schedule to try to keep up with the cardio Sanada has with his mixed martial arts training (assuming you're not doing your own).

Hiroyuki Sanada Daily Workout: Calisthenics

These can be done in any rep and set scheme you'd prefer.

I like to do them either in a circuit format or supersets, but sometimes I do them in regular rep/set schemes as well.

150 Air Squats

150 Push Ups

100 Dips

100 Lunges

75 Pull Ups

75 Sit Ups

Hiroyuki Sanada Workout: MMA Cardio Replacement

If you're not going to be doing MMA, you're going to still need to be extremely active like Sanada.

This can be done by playing active sports, hiking, varied cardio, and other formats – BUT, I will program you a weekly running schedule below as well.

Monday: 2-3 miles

Tuesday: Off or 20-30 min of High Intensity Interval Training

Wednesday: 2-3 miles

Thursday: Off or 20-30 min of High Intensity Interval Training

Friday: 4-6 miles

Saturday: Off or 20-30 min of High Intensity Interval Training

Sunday: Off

Hiroyuki Sanada Workout: Mixed Martial Arts w/ Coach Derek

As I said above: going to a gym and working with someone else is going to be far superior.

BUT, you can choose to sub in the following MMA routines if you'd like.

Check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

For Parkour I worked with Felix on this one: [Nightrunner](#) workout.