

# HIROYUKI SANADA WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# 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.