

YUJIRO HANMA WORKOUT ROUTINE



Bonus PDF File
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YUJIRO HANMA WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

We're training for strength. We need to train to become The Strongest Creature on Earth. The focus is strength gain, but it will also take prioritizing progressive overload which requires you to continuously increase the weight you're utilizing over time.

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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

Yujiro Hanma Workout Routine: Sample Workout Schedule

Monday: Push and Core

Tuesday: Pull and Calves

Wednesday: Rest Day or MMA

Thursday: Upper Body and Core

Friday: Legs

Saturday: Rest Day or MMA

Sunday: Rest Day or MMA

Yujiro Hanma Workout Day One: Push and Core

Barbell Bench Press

3×4-6 reps (80 to 85% of 1RM)

Incline Barbell Bench Press

3×4-6 reps (80 to 85% of 1RM)

Dumbbell Bench Press

3×4-6 reps (80 to 85% of 1RM)

Seated Military Press

3×8-10 reps (70 to 75% of 1RM)

Cable Crunch

3×8-10 reps (70 to 75% of 1RM)

Yujiro Hanma Workout Day Two: Pull and Calves

Barbell Deadlift

3×4-6 reps (80 to 85% of 1RM)

One-Arm Dumbbell Row

3×4-6 reps (80 to 85% of 1RM)

Wide Grip Lat Pulldown

3×4-6 reps (80 to 85% of 1RM)

Weighted Chin Ups

3×8-10 reps (70 to 75% of 1RM)

Leg Press Calf Raise

3×8-10 reps (70 to 75% of 1RM)

Yujiro Hanma Workout Day Three: Upper Body and Core

Close-Grip Bench Press

3×4-6 reps (80 to 85% of 1RM)

Dumbbell Side Lateral Raise

3×8-10 reps (70 to 75% of 1RM)

Seated Dumbbell Rear Lateral Raise

3×8-10 reps (70 to 75% of 1RM)

Barbell Power Cleans

3×8-10 reps (70 to 75% of 1RM)

Captain's Chair Leg Raise

3×8-10 reps (70 to 75% of 1RM)

Yujiro Hanma Workout Day Four: Legs

Barbell Back Squat

3×4-6 reps (80 to 85% of 1RM)

Leg Press

3×4-6 reps (80 to 85% of 1RM)

Lying Leg Curl

3×4-6 reps (80 to 85% of 1RM)

Quad Extensions

3×8-10 reps (70 to 75% of 1RM)

Seated Calf Raise

3×8-10 reps (70 to 75% of 1RM)

Yujiro Hanma Workout Routine: Mixed Martial Arts Training Resources

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)