

# SANJI

## WORKOUT ROUTINE



Bonus PDF File  
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# SANJI

# WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be training with 3 days of PPL, similar to Portgas D. Ace, but with calisthenics, supersets, and even trisets; and then we'll also have two days a week devoted to entirely calisthenics, endurance and parkour work.

## 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.

## Sanji Workout Routine: Sample Workout Schedule

**Monday:** Black Leg Push Day

**Tuesday:** Calisthenics, Parkour and Endurance A

**Wednesday:** Black Leg Pull Day

**Thursday:** Calisthenics, Parkour and Endurance B

**Friday:** Black Leg Leg Day

**Saturday:** Active Rest Day

**Sunday:** Mandatory Rest Day

## **Sanji Workout Routine: Black Leg Push Day**

### **Warm Up:**

Jog 1 Mile or Bike 3

### **Calisthenics Warm Up:**

Air Squats

2×10

Push Ups

2×10

### **Superset A:**

A. Incline Dumbbell Bench Press

3×15

B. Incline Hex Press

3×Failure

### **Superset B:**

A. Dumbbell Clean and Press

3×10

B. Shoulder DB Front Raise

3×Failure

### **Triset:**

A. Dumbbell Overhead Tricep Extension (Standing)

3×10

B. Close to Wide Push Ups

3×20

C. Dips

3×Failure

## **Sanji Workout Routine: Calisthenics, Parkour and Endurance**

### **A**

#### **Warm Up:**

Freestyle Jump Rope

2×50

High Knees

2×25

Butt Kickers

2×25

**Complete 4 Rounds:**

Push Ups x 20

Half Burpees x 10

Dips x 20

Mountain Climbers x 30

Pull Ups x 10

Jump Squats x 20

**Endurance:**

Run 1-3 Miles

**Parkour Resource to Utilize in Conjunction:**

[The Nightrunner Workout](#)

# Sanji Workout Routine: Black Leg Pull Day

## Warm Up:

Jog 1 Mile or Bike 3

## Calisthenics Warm Up:

Air Squats

2×10

Push Ups

2×10

## Superset A:

A. Deadlift

3×15

B. Wide Push Ups

3×Failure

## Superset B:

A. Alternating DB Bicep Curls

3×10

B. EZ Bar Preacher Curls

3xFailure

**Triset:**

A. Bent Over Rows

3x10

B. Lateral Raises w/ DB

3x20

C. Chin Ups

3xFailure

**Sanji Workout Routine: Calisthenics, Parkour and Endurance**

**A**

**Warm Up:**

High Knees

2x25

Butt Kickers

2x25



**Complete 3 Rounds:**

Jump Rope x 50

Plank to Push Up x 15

Jump Rope x 50

Box Dips x 25

Jump Rope x 50

Lying Leg Raises x 30

Jump Rope x 50

L-Sit Hold x 30 Seconds

**Endurance:**

Run 1-3 Miles

**Parkour Resource to Utilize in Conjunction:**

[The Nightrunner Workout](#)

**Sanji Workout Routine: Black Leg Leg Day**

**Warm Up:**

Jog 1 Mile or Bike 3

## **Calisthenics Warm Up:**

Air Squats

2×10

Push Ups

2×10

## **Superset A:**

A. Goblet Squats

3×15

B. Weighted Lunges

3×Failure

## **Superset B:**

A. Bulgarian Split Squats

3×10

B. Glute Bridges

3×Failure

## **Triset:**

A. Kettlebell Straight Leg Deadlifts

3×10

B. Double Unders

3×20

C. Box Jumps

3×Failure