

IPPO MAKUNOUCHI WORKOUT ROUTINE



Bonus PDF File
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IPPO MAKUNOUCHI WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to utilize Mike Tyson calisthenics and daily training 3+ days per week and then our Jump Rope HIIT Workouts another 2+ days per week. I'll also give you guys a couple other resources to utilize if you want to switch it up like Deontay Wilder and Frank Grillo.

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.

Ippo Makunouchi Workout Routine: Sample Workout Schedule

Monday: Mike Tyson Calisthenics and Daily Training

Tuesday: Jump Rope High Intensity Interval Training

Wednesday: Mike Tyson Calisthenics and Daily Training

Thursday: Jump Rope High Intensity Interval Training

Friday: Mike Tyson Calisthenics and Daily Training

Saturday: Optional Additional Training or Active Rest Day

Sunday: Mandatory Rest Day

Ippo Makunouchi Workout Routine: Mike Tyson Calisthenics and Daily Training

Morning Run:

45 minute run; or 3-5 miles daily

Daily Calisthenics Work:

2000 squats

500 tricep extensions

500 pushups

500 shrugs with 30 kilos

250 neck crunches

3-5 minutes of neck bridges

MMA Training (But not limited to):

10-20 rounds in the ring

45 minutes of technical training

Post Dinner Cardio:

30-60 Minutes of Cardiovascular Training

Training Explanation:

All of these movements should be broken down into your own set and rep scheme. That can be done in regular set/rep style throughout the day, as a circuit, or even in a grouping of supersets, trisets or giant sets.

Ippo Makunouchi Workout Routine: Jump Rope Training and Other Resources

You obviously have the option to follow Mike Tyson's schedule 5+ days a week if you'd like, but we also add to our Jump Rope Workout Database regularly and there are awesome workouts in there that can be utilized to really step it up and train in an MMA style.

High Intensity Interval Training Resources:

- [Jump Rope Workout Database](#)
- [Other HIIT Workout Variations](#)

Other Great Boxing Workout Options:

- [Frank Grillo Boxing Workout](#)

- [Deontay Wilder Workout Routine](#)

Endurance Training Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)