

SANEMI WORKOUT ROUTINE



Bonus PDF File
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SANEMI WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be utilizing three days a week that consist of a PPL Split, but they'll be functioning around our compound movements and then work into circuit style routines that'll add in holds and endurance work. The other two days per week we will have full body workout routines utilizing a typical full body weightlifting structure to make sure we hit all areas of our quest to enhanced strength and speed.

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

Sanemi Workout Routine: Sample Schedule

Monday: Wind Hashira Push, Holds, Circuit and Compounds

Tuesday: Demon Slayer Corps Full Body A

Wednesday: Wind Hashira Pull, Holds, Circuit and Compounds

Thursday: Demon Slayer Corps Full Body B

Friday: Wind Hashira Legs, Holds, Circuit and Compounds

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Sanemi Workout Routine: Wind Hashira Push, Holds, Circuit and Compounds

Warm Up:

5-10 Minute Walk/Jog

Compounds:

Incline Dumbbell Bench Press

4×12, 10, 8, 5

Shoulder Press

3×12, 10, 8

Circuit: Complete 3 Rounds

50 Jump Rope Skips (Or Jumping Jacks)

20 Kettlebell Swings

30 Second L-Sit Hold

50 Jump Rope Skips

20 Push Ups

60 Second Plank Hold

50 Jump Rope Skips

20 Plank to Push Ups

30 Second Handstand Hold

50 Jump Rope Skips

20 Dumbbell Chest Flys

60 Second Push Up Hold

Sanemi Workout Routine: Demon Slayer Corps Full Body A

Warm Up:

20-30 Minutes of Varied Cardio

Workout:

Bench Press

3×12, 10, 8

Upright Rows

3×12, 10, 8

Wide Grip Pulldowns

3×10

Leg Press

3×10

Weighted Crunches

3×20

Hanging Knee Raises

3×20

Sanemi Workout Routine: Wind Hashira Pull, Holds, Circuit and Compounds

Warm Up:

5-10 Minute Walk/Jog

Compounds:

Deadlifts

4×12, 10, 8, 5

Chin Ups

3×10-15

Circuit: Complete 3 Rounds

50 Jump Rope Skips (Or Jumping Jacks)

20 Bent Over Rows

30 Second Superman Hold

50 Jump Rope Skips

20 Wide Push Ups

60 Second Plank Hold

50 Jump Rope Skips

20 Alternating Dumbbell Curls

30 Second Hollow Hold

50 Jump Rope Skips

20 Cable Rows

60 Second Push Up Hold

Sanemi Workout Routine: Demon Slayer Corps Full Body B

Warm Up:

20-30 Minutes of Varied Cardio

Workout:

Power Cleans

3×12, 10, 8

Front Squats

3×12, 10, 8

High Cable Curls

3×10

Reverse Cable Flys

3×10

Weighted Sit Ups

3×20

Toes to Bar

3×20

Sanemi Workout Routine: Wind Hashira Legs, Holds, Circuit and Compounds

Warm Up:

5-10 Minute Walk/Jog

Compounds:

Back Squat

4×12, 10, 8, 5

Bulgarian Split Squats

3×5-10 each leg

Circuit: Complete 3 Rounds

50 Jump Rope Skips (Or Jumping Jacks)

20 Kettlebell Swings

30 Second Wall Sit Hold

50 Jump Rope Skips

20 Cable Pullthroughs

60 Second Plank Hold

50 Jump Rope Skips

20 Weighted Glute Bridges

30 Second Wall Sit Hold

50 Jump Rope Skips

20 Lunges

60 Second Push Up Hold

Sanemi Workout Routine: Optional Additional Training Resources

Endurance Work 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 Continue Training After Your First 5K \(Workout Included\)](#)

HIIT Training Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

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](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

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