

# MANJIRO “MIKEY” SANO WORKOUT ROUTINE



Bonus PDF File  
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# MANJIRO “MIKEY” SANO WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

For Mikey’s routine we’re going to be using 3 days of full body training with both calisthenics and weights mainly working around tri-sets that’ll really build our muscle while working on our endurance at the same time. We’ll also plug in some optional additional endurance work at the end of each full body day and tack on two days of circuit training that will really put us to the test in terms of intensity and endurance work.

## Scaling Advice:

Everything can be done with a set of dumbbells. If you don’t have dumbbells you can utilize something else in place of the dumbbells and add more reps to make up for the lack of weight needed to perform some of the movements.

## 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.

## Manjiro Sano Workout Routine: Sample Schedule

**Monday:** Tokyo Manji Gang Leader Full Body A

**Tuesday:** Mikey Circuit Training A

**Wednesday:** Tokyo Manji Gang Leader Fully Body B

**Thursday:** Mikey Circuit Training B

**Friday:** Tokyo Manji Gang Leader Full Body C

**Saturday:** Rest or Optional Additional Work

**Sunday:** Rest Day

## **Manjiro Sano Workout Routine: Tokyo Manji Gang Leader Full Body A**

### **Warm Up:**

10 Minute Walk/Jog

### **Workout:**

Tri-Set One:

A. Incline Dumbbell Bench Press

3×10

B. Overhead Tricep Extension

3×10

C. Dips

3×10

Tri-Set Two:

A. Curl to Press

3×10

B. Bent Over Dumbbell Rows

3×10

C. Chin Ups

3×10

Tri-Set Three:

A. Wide to Close DB Goblet Squats

3×15

B. Kettlebell Swings w/ Dumbbell

3×10

C. Push Ups

3×20

**Optional Endurance Work:**

Complete 20-30+ Minutes of Varied Cardio

*Alternative Options:*

- [Best HIIT Workouts](#)

- [Jump Rope Workouts](#)

## **Manjiro Sano Workout Routine: Mikey Circuit Training A**

### **Warm Up:**

25 Jumping Jacks

25 High Knees

### **Workout: Complete 4 Rounds**

400M Run

25 Push Ups

20 Air Squats

15 Sit Ups

12 Dips

10 Pull Ups

## **Manjiro Sano Workout Routine: Tokyo Manji Gang Leader Full Body B**

### **Warm Up:**

10 Minute Walk/Jog

### **Workout:**

Tri-Set One:

A. Dumbbell Flys

3×10

B. Renegade Rows

3×10

C. Plank to Push Ups

3×10

Tri-Set Two:

A. Dumbbell Deadlifts

3×10

B. Lateral Raises

3×10

C. Pull Ups

3×10

Tri-Set Three:

A. Weighted Glute Bridges

3×15

B. Man Makers

3x5

C. Decline Push Ups

3xFailure

**Optional Endurance Work:**

Complete 20-30+ Minutes of Varied Cardio

*Alternative Options:*

- [Best HIIT Workouts](#)
- [Jump Rope Workouts](#)

## **Manjiro Sano Workout Routine: Mikey Circuit Training B**

**Warm Up:**

25 Jumping Jacks

25 High Knees

**Workout: Complete 2 Rounds**

800M Run

75 Push Ups

75 Air Squats

50 Sit Ups

50 Dips



25 Pull Ups

25 Hanging Leg Raises

## **Manjiro Sano Workout Routine: Tokyo Manji Gang Leader Full Body C**

### **Warm Up:**

10 Minute Walk/Jog

### **Workout:**

Tri-Set One:

A. Seated Dumbbell Overhead Press

3×10

B. Hex Press

3×10

C. Chair Dips

3×15

Tri-Set Two:

A. Bulgarian Split Squats

3×10 each leg

B. Hanging Leg Raises

3×15

C. Wide Grip Pull Ups

3×10

Tri-Set Three:

A. Dumbbell Single Arm Snatches

3×8 each arm

B. Mountain Climbers

3×10

C. Close to Wide Push Ups

3×20

**Optional Endurance Work:**

Complete 20-30+ Minutes of Varied Cardio

*Alternative Options:*

- [Best HIIT Workouts](#)
- [Jump Rope Workouts](#)

## **Manjiro Sano 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](#)