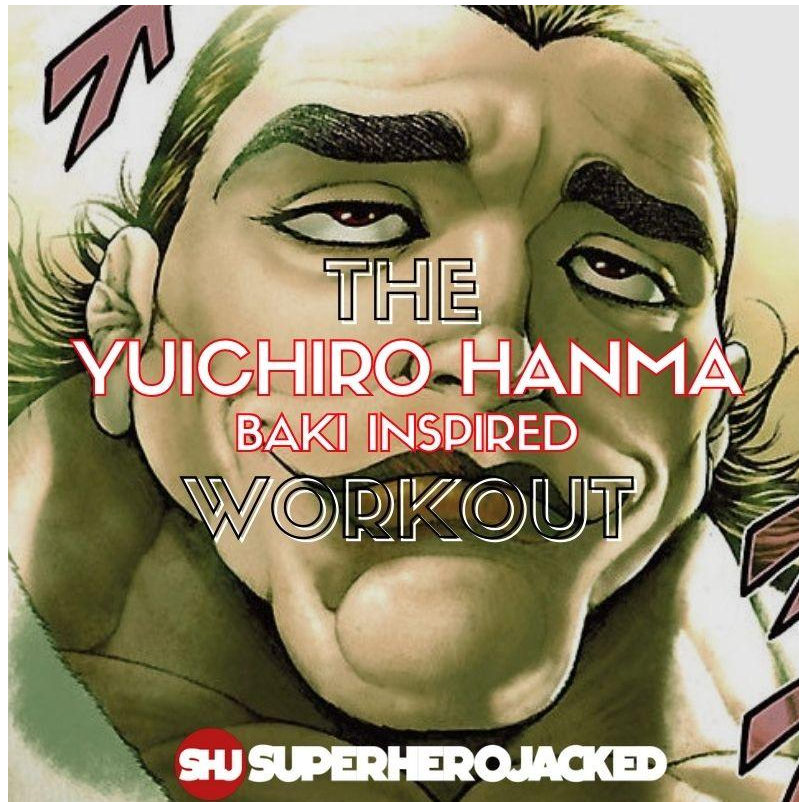


YUICHIRO HANMA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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YUICHIRO HANMA WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be training with 4 days devoted to mass and strength and then 1 day devoted to a Hanma circuit test. This will put our training to the test but also remind you guys you need to increase your cardiovascular work as well if you can't complete it (if you want to REALLY be like a Hanma).

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.

Yuichiro Hanma Workout: Sample Workout Schedule

Monday: Yuichiro Chest, Triceps and Core

Tuesday: Yuichiro Legs, Calves and Core

Wednesday: Hanma Circuit Training Test

Thursday: Yuichiro Shoulders, Traps and Core

Friday: Yuichiro Back, Biceps and Core

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Yuichiro Hanma Workout: Yuichiro Chest, Triceps and Core

Warm Up:

5-15 Minute Incline Walk

Workout:

Bench Press

5×12, 10, 8, 5, 5

Close Grip Bench Press

4×12, 10, 8, 5

Incline Dumbbell Bench Press

3×12, 10, 8

Cable Tricep Pushdowns w/ Rope

3×12, 10, 8

Chest Flys

3×10

Dip

3×10

Core:

Plank Hold

3×60 Seconds

Sit Ups

3×25

Russian Twists

3×30

Yuichiro Hanma Workout: Yuichiro Legs, Calves and Core

Warm Up:

5-15 Minute Incline Walk

Workout:

Back Squats

5×12, 10, 8, 5, 5

Leg Press

4×12, 10, 8, 5

Seated Calf Raises

3×12, 10, 8

Hamstring Curls

3×12, 10, 8

Quad Extensions

3×10

Cable Pullthroughs

3×10

Core:

L-Sit Hold

3×30 Seconds

Cable Crunches

3×25

Hanging Leg Raises

3×25

Yuichiro Hanma Workout: Hanma Circuit Training Test

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

Hanma Circuit Test: 4 Rounds

400M Run

30 Dumbbell Deadlifts

25 Decline Push Ups

20 Kettlebell Swings

15 Wide Grip Pull Ups

10 Wide to Close Goblet Squats

Yuichiro Hanma Workout: Yuichiro Shoulders, Traps and Core

Warm Up:

5-15 Minute Incline Walk

Workout:

Military Press

5×12, 10, 8, 5, 5

Barbell Shrugs

4×12, 10, 8, 5

Cable Front Raises

3×12, 10, 8

Dumbbell Lateral Raises

3×12, 10, 8

Hang Cleans

3×10

Dumbbell Shrugs

3×10

Core:

Hollow Hold

3×30 Seconds

Bicycle Crunches

3×50

Toes to Bar

3×20

Yuichiro Hanma Workout: Yuichiro Back, Biceps and Core

Warm Up:

5-15 Minute Incline Walk

Workout:

Deadlifts

5×12, 10, 8, 5, 5

Bent Over Barbell Rows

4×12, 10, 8, 5

Wide Grip Lateral Pulldowns

3×12, 10, 8

Preacher Curls

3×12, 10, 8

Close Grip Cable Rows

3×10

Hammer Curls

3×10 each arm

Core:

Superman Hold

3×30 Seconds

Sit Ups with Twist

3×30

Hanging Knee Raises with Twist

3×20

Yuichiro Hanma 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 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](#)