

TRAIN LIKE YUJIRO HANMA

FROM BAKI THE GRAPPLER

BODYBUILDING PHASE


NOTE:

THIS IS A VERY ADVANCED PROGRAM AND NOT INTENDED FOR BEGINNERS.
FOR A BEGINNER-FOCUSED AT-HOME PROGRAM [CLICK HERE](#)

WARM UP

5-10 MINUTES OF SKIPPING/SHADOW BOXING
WORLD'S GREATEST STRETCH X 10 REPS PER SIDE
DOWNWARD DOG INTO PLANK X 10 REPS
BEAR CRAWLS X 20 STEPS
ARM CIRCLES X 20 REPS

DAY 1

- 1. BARBELL BENCH PRESS**
(REST 120 SECONDS) 4 SETS OF 5 REPS
- 2. BARBELL BACK SQUATS**
(REST 90-120 SECONDS) 3 SETS OF 12 REPS
- 3. INCLINE DUMBBELL PRESS**
(REST 90-120 SECONDS) 4 SETS OF 12 REPS
- 4A. DUMBBELL LATERAL RAISES** 4 SETS OF 15 REPS
- 4B. SINGLE ARM TRICEP CABLE EXTENTIONS**
(REST 60 SECONDS) 4 SETS OF 10 REPS PER SIDE
- 5.  HEAVY BAG WORK** 3 ROUNDS OF 3 MINUTE ROUNDS


DAY 2

- 1. BARBELL BENT OVER ROWS**
(REST 120 SECONDS) 4 SETS OF 8 REPS
- 2. PULL-UPS** 3 SETS OF AS MANY REPS AS POSSIBLE *MINIMUM*5


IF YOU CAN'T GET AT LEAST 5 FOR 3 SETS USE A BAND OR MACHINE FOR ASSISTANCE UNTIL YOU CAN (REST 120 SECONDS)

- 3. REAR DELT CABLE ROWS**
(REST 60-90 SECONDS) 4 SETS OF 15 REPS
- 4. BARBELL CURLS**
(REST 60-90 SECONDS) 4 SETS OF 8 REPS
- 5. HEAVY FARMERS CARRIES**
(REST 90 SECONDS) 3 SETS OF 60 SECS

DAY 3

- 1. BARBELL DEADLIFTS**
(REST 2-3 MINUTES) 4 SETS OF 6 REPS
- 2. LEG PRESS/HACK SQUAT**
(REST 2-3 MINUTES) 4 SETS OF 10 REPS
- 3.  BACK EXTENSIONS (GLUTE FOCUSED)**
(REST 90 SECONDS) 3 SETS OF 12 REPS
- 4. MACHINE LEG EXTENSIONS**
(REST 90-120 SECONDS) 3 SETS OF 12 REPS PER SIDE
- 5. MACHINE HAMSTRING CURLS** 3 SETS OF 12 REPS PER SIDE

DAY 4

- 1. BARBELL BARBELL OVERHEAD PRESS**
(REST 120 SECONDS) 4 SETS OF 8 REPS
- 2. CABLE CHEST FLYS**
(REST 90-120 SECONDS) 3 SETS OF 12 REPS
- 3. INCLINE DUMBBELL PRESS**
(REST 90-120 SECONDS) 3 SETS OF 12 REPS
- 4A. CABLE LATERAL RAISES** 4 SETS OF 15 REPS PER SIDE
- 4B. SINGLE ARM TRICEP CABLE EXTENTIONS**
(REST 60 SECONDS) 4 SETS OF 10 REPS PER SIDE
- 5.  HEAVY BAG WORK** 3 ROUNDS OF 3 MINUTE ROUNDS



DAY 5

- 1. BARBELL BENT OVER ROWS**
(REST 120 SECONDS) 4 SETS OF 12 REPS
- 2. PULL-UPS** 3 SETS OF AS MANY REPS AS POSSIBLE *MINIMUM*5

IF YOU CAN'T GET AT LEAST 5 FOR 3 SETS USE A BAND OR MACHINE FOR ASSISTANCE UNTIL YOU CAN (REST 120 SECONDS)

- 3. SINGLE LEG DUMBBELL HIP THRUSTS**
(REST 60-90 SECONDS) 3 SETS OF 12 REPS PER SIDE
- 4. REAR DELT CABLE ROWS**
(REST 60-90 SECONDS) 4 SETS OF 15 REPS
- 5. STANDING DUMBBELL CURLS**
(REST 60-90 SECONDS) 4 SETS OF 12 SECS
- 6. HEAVY FARMERS CARRIES**
(REST 90 SECONDS) 3 SETS OF 60 SECS

KEY

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BOXING PHASE

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WARM UP

5 MINUTES OF SKIPPING
WORLD'S GREATEST STRETCH X 10 REPS PER SIDE
SQUATS X 20 REPS
CALF BOUNCES X 20 REPS
LEG SWINGS X 12 REPS PER SIDE
ARM CIRCLES X 20 REPS

DAY 1 | BOXING + STRENGTH

SHADOW BOXING 3 ROUNDS OF 3 MINUTES EACH
(FOCUSING ON FOOTWORK AND HEAD MOVEMENT)




HEAVY BAG WORK 4 ROUNDS OF 3 MINUTES EACH
(WORKING ON ACCURACY AND SPEED)

- | | |
|---|---|
| 1A.  LANDMINE PUNCH | 3 SETS OF 6 REPS
PER SIDE |
| 1B. BOX JUMPS
(REST 30-60 SECONDS) | 3 SETS OF 6 REPS |
| 2.  EXPLOSIVE FLOOR PRESS | 3 SETS OF 5 REPS |
| 3A. PULL-UPS | 3 SETS OF
AS MANY REPS
AS POSSIBLE
MINIMUM 5 |
| IF YOU CAN'T GET AT LEAST 5 FOR 3 SETS USE A BAND OR
MACHINE FOR ASSISTANCE UNTIL YOU CAN | |
| 3B.  LANDMINE ROTATIONS
(REST 90 SECONDS) | 3 SETS OF 12 REPS
PER SIDE |

DAY 4 | BOXING + STRENGTH

SHADOW BOXING 3 ROUNDS OF 3 MINUTES EACH
(FOCUSING ON FOOTWORK AND HEAD MOVEMENT)

HEAVY BAG WORK 4 ROUNDS OF 3 MINUTES EACH
(WORKING ON ACCURACY AND SPEED)

- | | |
|---|--|
| 1A.  LANDMINE PUNCH | 3 SETS OF 6 REPS
PER SIDE |
| 1B. HEAVY KETTLEBELL SWING
(REST 60 SECONDS) | 3 SETS OF 8 REPS |
| 2A.  SUPINE MED BALL THROW | 3 SETS OF 8 REPS |
| 2B.  PALLOFF PRESS | 3 SETS OF 10 REPS
PER SIDE |
| 3A. PULL-UPS | 2 SETS OF
AS MANY REPS
AS POSSIBLE |
| 3B. HANGING KNEE RAISES | 2 SETS OF
AS MANY REPS
AS POSSIBLE |

DAY 2 | BOXING+CONDITIONING

SHADOW BOXING 3 ROUNDS OF 3 MINUTES EACH
(FOCUSING ON TECHNIQUE AND SPEED)

HEAVY BAG WORK 4 ROUNDS OF 3 MINUTES EACH
(WORKING ON POWERFUL COMBINATIONS)

CONDITIONING CIRCUIT
8 ROUNDS IN AS LITTLE TIME AS POSSIBLE

-  **MED BALL SLAMS X 10 REPS**
-  **DUMBBELL THRUSTERS X 12 REPS**
-  **RENEGADE ROWS X 12 REPS**

DAY 5 | BOXING+CONDITIONING

SHADOW BOXING 3 ROUNDS OF 3 MINUTES EACH
(FOCUSING ON TECHNIQUE AND SPEED)

HEAVY BAG WORK 4 ROUNDS OF 3 MINUTES EACH
(WORKING ON POWERFUL COMBINATIONS)

CONDITIONING CIRCUIT
8 ROUNDS IN AS LITTLE TIME AS POSSIBLE

-  **MED BALL SLAMS X 10 REPS**
-  **DUMBBELL THRUSTERS X 12 REPS**
-  **RENEGADE ROWS X 12 REPS**

DAY 3 | BOXING + STRENGTH

- | | |
|---|-------------------------------|
| 1. TRAPBAR DEADLIFTS
(REST 2-3 MINUTES) | 5 SETS OF 3 REPS |
| 2A. DUMBBELL BENCH PRESS | 4 SETS OF 15 REPS |
| 2B. DUMBBELL ROMANIAN DEADLIFTS
(REST 60-90 SECONDS) | 4 SETS OF 10 REPS |
| 3A. LAT PULL-DOWNS | 3 SETS OF 12 REPS |
| 3B. SPLIT SQUATS
(REST 60-90 SECONDS) | 3 SETS OF 12 REPS
PER SIDE |
| 4A. STANDING DUMBBELL BICEP CURLS | 4 SETS OF 12 REPS |
| 4B. DUMBBELL LATERAL RAISES
(REST 60 SECONDS) | 4 SETS OF 15 REPS |

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