



1

Shares



# Sendou's Regular Traini

2 Comments

[Home](#) >> [Blog](#) >> [Uncategorized](#) >> [Sendou's Regular Training](#)



?Sendou Takeshi is a monster. He has massive upper body strength and loves, loves, LOVES to brav to stand in the middle of the ring and trade with his opponents, because he's tough as nails and lov his mettle against other strong guys. He's known for street fighting in ?Osaka and is frequently cal Naniwa Tiger, because of his massive ferocity. If you've been reading Real Anime Training for a whi know that we did a [Sendou workout](#) a while ago, but this is the next level.



akunouchi Ippo, Sendou boasted a very strong record of 6 wins and 0 losses, winning every single fight. With such power this young man was capable of producing with his punches, particularly his signature right hook. The attacks connected this attack on were completely wrecked and laid the foundation for his path to fighting. In order to do something like that, he would have to have a great deal of strength and explosiveness to land his multiple knockouts. The following workout is designed to mimic the type of training someone would have to be the whole of someone's boxing program.



## Train With Our Free **Boot Camp!**

Don't be intimidated by the complexities of training! Join our **boot camp mini-course** to get started in the right direction!

### Join The Free Crash Course

#### **Sendou's Regular Training**

##### *Morning*

1. Light Shadowboxing- 1 Minute
2. DB Overhead Press- 8 Reps
3. Pull-ups- Max Reps
4. Push-ups- Max Reps
5. DB Biceps Curls- 8 Reps
6. Sit-ups- Max Reps
7. "Smash" to Heavy Bag- 5 Reps Each Side

## --6 Rounds

## ?Afternoon

1. 3 Minutes Light Shadowboxing (1 Min Rest)

Shares

2. 20 Seconds All-Out Heavy Bag Punching/10 Seconds Rest x 8 Rounds (4 Minutes Total Rest)



3. 3 Minutes Light Shadowboxing (1 Min Rest)



4. 10 Seconds All-Out Heavy Bag Punching/50 Seconds Rest x 4 Rounds (4 Minutes Total Rest)

5. 3 Minutes Shadowboxing

6. 3 x 3 Minutes Mitt Work (1 min rest in between all rounds)

7. 3 x 3 Minutes Heavy Bag Work (1 min rest in between all rounds)

8. Run 5 km, punching as you run (1 min rest in between all rounds)

## Notes:

- This workout is not a workout that you would do every day. If you are wanting to use this workout as the basis of your boxing training, doing it 3 times a week with 2 more technical days and sparring during the week and a long run on the weekend is a great idea.
- You should pick a weight that you can barely get 8 reps with on your weightlifting. You may have a hard time getting 8 reps in your later rounds, but eventually you'll be able to do it. Once you complete 8 reps with whatever weight you're using for all 6 rounds, go up 2.5-5# in the next session.
- The "Smash" is a full power, upward diagonal punch that's sort of a long uppercut and a long jab combined. You'll want to throw it with as much power as you can muster and don't worry about whether or not it's a wide punch, because it is meant to be done against a dazed opponent at close range.
- During your "Afternoon" session, the 20 seconds on/10 seconds off protocol means that you go as hard as possible for the ON and stop completely on the OFF, focusing on getting your heart rate back down. The same applies for the 10 seconds ON/50 seconds off, but your power output will be a little higher during each set of that.

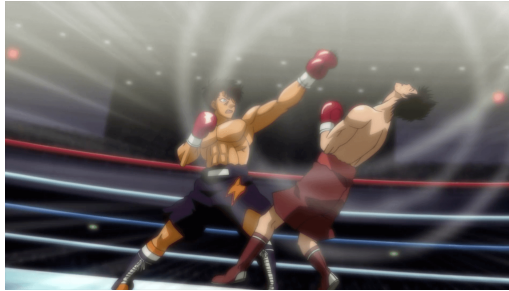
- When working the mitts or the bag, I want you to focus on hitting HARD. Sendou may not be the speediest guy in the world as far as number of punches thrown, but every one of his shots is like a freight train smacking you in the head.
- The 5 km run can be run at whatever pace you feel like for that day, depending on your fatigue

1

Shares



?



The "Smash" leaves most opponents flat.



## Take The **Free Crash Course!**

My free, three-day crash course will have you setting the right kind of goals, and figuring out how to reach them!

**Join The Free Crash Course**

Liked it? Take a second to support Real Anime Training on Patreon



Support on  patreon

Share this:



 More

1

 Stephen Ross

 a few months ago

 Unc

Related Posts



- Five Tips To Survive Thanksgiving (and other holidays.)

Toxic Masculinity VS Heroic Masculinit
- Misinformation Everywhere!

Pokémon GO Workout



Trade Comfort for Pain (ft. Hanma Baki)

Kenichi Sucks At Everything...But You Don't Have To!

1

Shares



MOMOCON 2018!

The Flexibility and Mobility of a Rubbe Man

← PREVIOUS POST

NEXT

Copyright 2018 Real Anime Training || [Terms of Service](#)

✕ Close

Welcome Back!

Username

Password

☐ Remember Me

Log In **1**

Register | Lost your password?

Shares

| Back to Login

