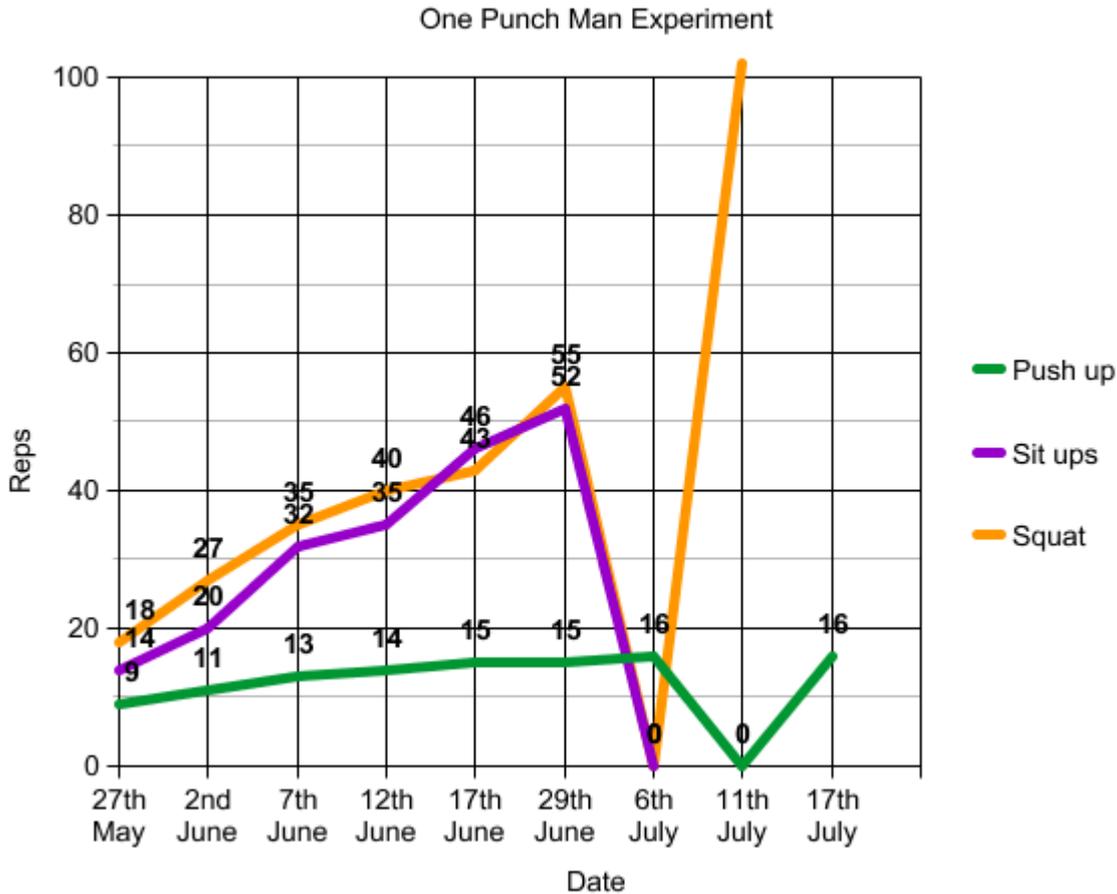


The One Punch Man Experiment



Purpose of the study:

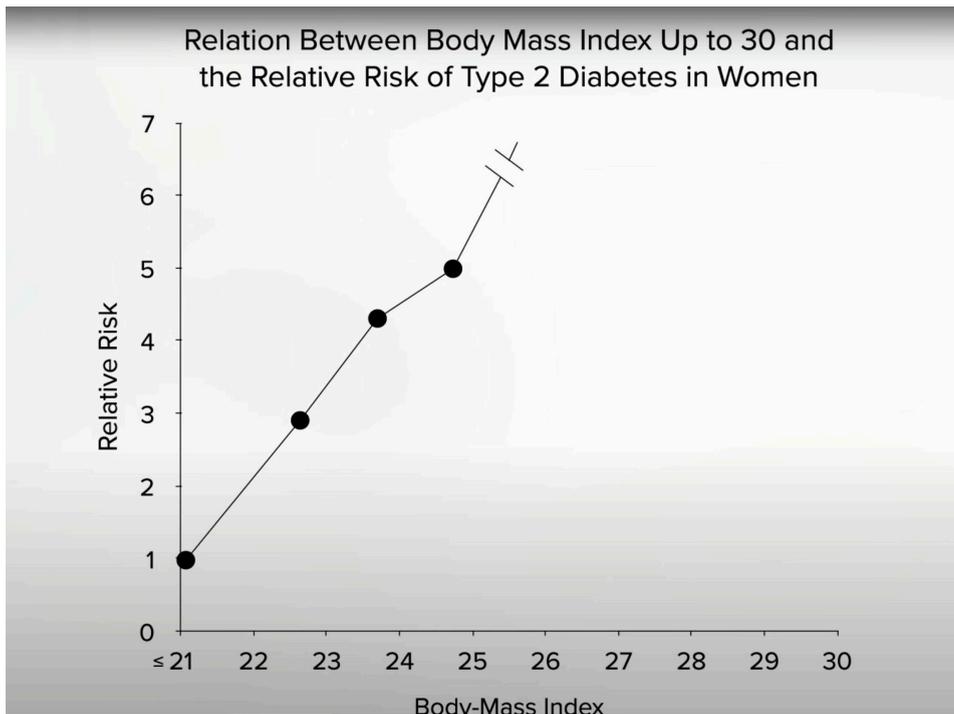
To find out if simple and basic exercises done in a High-Intensity fashion, that are stated in an Anime show can actually help people in the real world improve their health and fitness to achieve the maximum amount of muscle and minimum amount of fat within the ideal BMI and bodyfat range (22 BMI and 8% Body fat)(Please refer to Table 1 and Table 2 Below). The workout carried out in this study is a variation and not the EXACT one described in the Anime show.

Table 1.

BMI							
Height (ft)	Ideal Weight (lbs)						
4'9"	92 - 102	5'2"	109 - 120	5'7"	128 - 140	6'	147 - 162
4'10"	96 - 105	5'3"	113 - 124	5'8"	132 - 145	6'1"	152 - 167
4'11"	99 - 109	5'4"	117 - 128	5'9"	135 - 149	6'2"	156 - 171
5'	102 - 113	5'5"	120 - 132	5'10"	139 - 153	6'3"	160 - 176
5'1"	106 - 116	5'6"	124 - 136	5'11"	143 - 158	6'4"	164 - 181

BMI — Metric							
Height (cm)	Ideal Weight (kg)	Height (cm)	Ideal Weight (kg)	Height (cm)	Ideal Weight (kg)	Height (cm)	Ideal Weight (kg)
145	42 - 46	157	49 - 54	170	58 - 64	183	67 - 74
147	44 - 48	160	51 - 56	173	60 - 66	185	68 - 75
150	45 - 50	163	53 - 58	175	61 - 67	188	71 - 78
152	46 - 51	165	54 - 60	178	63 - 70	191	73 - 80
155	48 - 53	168	56 - 62	180	65 - 71	193	75 - 82

Table 2.



Execution of study:

1. Recording of results:

Every month fitness testing results and body composition testing will be carried out and published in this study.

2. One Punch Man style exercises are to be completed and repetitions recorded. Along with the date the workout was completed.

The Workout:

1. Cadence (speed of movements)- Positive 2 seconds, static 2 seconds, negative 3-4 seconds.

2. All exercises to failure.

3. All exercises done with full range of motion

4. Exercises

-Sprints- (THATS NOT AN OFFICIAL OPM WORKOUT. REEEEEEE. Me: Well actually infact.....)(new vid incoming to explain)

-Push up-

-Sit up-

-Squat-

5. Rest days increased over time to allow for recovery in conjunction with increasing intensity of the workout due to increased reps (workload).

Diet:

High carbohydrate diet and very low fat aiming for under 20g of fat per day. This is to speed up the fat loss process, as the body needs to use fat to function it forces the body to burn fat that is stored. (please research the Krebs cycle for more information)

Health measurement Goals:

22 BMI (Maximum of what's considered the most ideal range (20-22 BMI))

Weight 80Kg – 176lbs - 12stone 8lbs

8% Bodyfat (Minimum of what's considered healthy)

73% Body water (Decreases with age, higher % indicates youth.)

27th May 2023-  The One Punch Man Experiment

Height 190cm (6ft 3inch)

Weight 82.7Kg 182lbs (13stone 2lbs)

BMI 23



Workout:

Push-ups- 9

Sit-ups- 14

Squats- 18

2nd June 2023- <https://www.youtube.com/watch?v=8T5-k8gWhVA>

Workout:

Push-ups- 11 **+22% increase**

Sit-ups- 20 **+42.8% increase**

Squats- 27 **+38.8% increase**

Notes: Added 2x 2.5kg weights in my hands for the squats to help balance when going full range of motion; shoulders failed before legs did due to lifting weight in front.

7th June 2023 <https://youtu.be/t8I7vKMP47s>

Workout:

Push-ups- 13 **+18% increase**

Sit-ups- 32 **+60% increase**

Squats- 35 **+29.6% increase**

Notes: In the sit-ups felt it more in hip flexors and they failed before the abdominals; sit-ups should be classed as a hip flexor exercise.

12 June 2023 <https://www.youtube.com/watch?v=bD2XplHjQP0>

Workout

Push-ups- 14 **+7.6% increase**

Sit-ups- 35 **+9.3% increase**

Squats- 40 **+14.2% increase**

17 June 2023 <https://www.youtube.com/watch?v=GHG-ya3hC0E>

Workout

Push-ups- 15 **+7.1% increase**

Sit-ups- 46 **+31.4% increase**

Squats- 43 **+7.5% increase**

24th June 2023

Note: I attempted the workout felt overall fatigue and could not get the reps required. Ended the workout and will take a layoff for a while.

29th June 2023 <https://youtu.be/5aZZZPvoEvs>

Workout

Exercise bike warm up- 7min 30 secs

Push-ups- 15 **+0% increase**

Sit-ups- 52 **+13% increase**

Squats- 55 **+27.9% increase**

Note: There was a 0% increase in the push-ups, but the 16th rep felt possible, I will have to try the next workout. Possibly 7% increase per workout is too much as you get stronger.

6th July 2023 <https://www.youtube.com/watch?v=1ZvviAsZTWU>

Workout

Exercise bike warm-up- 6 min

Push-ups- 16 **+6.66% increase**

Sit-ups- 26 **Stopped as felt a twinge in the lower back on the right side; was minor before so didn't take notice. Must avoid injury. Taking immediate rest.**

Squats- **Stopped for this workout**

Notes: Reduced warm-up time as 7mins 30sec was possibly too much as did not get an increase in push-up reps. Happy with the increase in push-ups as I am weakest in this exercise. Stopped workout to avoid injury. Will eliminate sit-ups from workout as the pressure on the lower back is not ideal; a decrease in workout volume should mean an increase in intensity for future workouts.

11th July 2023 <https://youtu.be/EhULChxEHT0>

Workout

Exercise bike warm up- 6 mins

Squats- 102 **+85% increase**

Note: Focused on the exercise that was missed last workout; It seems that focusing on 1 exercise per workout allows you to go all out and not hold back at all as there are no more exercises to do after the 1 set.

will be adding weight to the squat next workout to decrease the number of reps.

17th July 2023

Workout

Exercise bike warm up- 6 mins

Push-ups- 16 +0% increase

Squat's (2x 11.5kg)- **Abandoned**

Notes: Very close to getting 17th rep on push-ups so on track with that exercise. On the dumbbell front squats felt a very minor twinge in the upper back on left side; The weights pulling forward put strain on the back, had to abandon as this is how injuries happen. I am 30 years old and my body is definitely not as durable as when I was younger. Have to be careful.

Conclusion

I will cease the study here and give my closing thoughts. It seems that 1 set to failure does yield very good results and allows for very good progression workout to workout. Only doing basic exercises is not ideal due to:

1. Push-ups are hard to progress each workout as the increase needs to be smaller each time; this is where weights can aid as much smaller increases can be made E.g. adding only 1% weight each workout.
2. Squats- the reps become too high to fast and it becomes an endurance workout.

Final words: This would be this is a great beginner workout that can be done for a couple of months to get stronger then after this, one would need to change the exercises or add weights to the programme.

Thank you and I hope you enjoyed.