

Sung Jin-woo · Routine and meals (original proposal)

PHYSICAL GOAL

- Bodyweight strength in pushing, pulling and legs, with an aerobic base.
- A goal of months: level up each exercise, not a hundred reps from day one.
- Compare your progress with your own starting point, not with a drawing.

WEEKLY ROUTINE: 3 DAYS, FULL BODY

Original proposal, not official: no equipment, general fitness, sessions of about 50 min, with optional cardio.

M	T	W	T	F	S	S
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Strength ☐ Cardio ☐ Rest

DAY 1: FULL BODY A

Monday, about 45 min. Finish each set with 3 reps in reserve (RIR 3).

Exercise	Sets	Rest	
Bulgarian split squat (rear foot on a chair) Technique: Torso upright; lower straight down and drive through the front heel. Alternative: Bodyweight squat	3 × 8–12	90 s	☒
Push-up Technique: Elbows about 45° from the torso and chest close to the floor. Alternative: Incline push-up	3 × 8–12	90 s	☒
Inverted row (low bar, rings or a very sturdy table) Technique: Body in one line, chest to the bar. Make sure the support holds your weight.	3 × 8–12	90 s	☒
Bodyweight good morning (hip hinge) Technique: Hands behind the head, soft knees, hips back with a neutral spine. Alternative: Bodyweight single-leg Romanian deadlift	2 × 10–15	60 s	☒
Plank Technique: Body in one line; glutes and abs braced. Alternative: Hollow hold	2 × 30–45 s	45 s	☒

Exercise	Sets	Rest	
Pike hold Technique: Push the floor away and hold without sinking the shoulders.	2 × 30–45 s	45 s	
Calf raise on a step Technique: Full range with a pause at the top.	2 × 12–15	45 s	

DAY 2: FULL BODY B

Wednesday, about 49 min. Finish each set with 3 reps in reserve (RIR 3).

Exercise	Sets	Rest	
Bodyweight single-leg Romanian deadlift Technique: Keep the hips square; use a wall for balance if needed. Alternative: Bodyweight good morning (hip hinge)	3 × 8–12	60 s	
Pike push-up Technique: Hips high and head between the arms on the way down.	3 × 8–12	90 s	
Inverted row (low bar, rings or a very sturdy table) Technique: Body in one line, chest to the bar. Make sure the support holds your weight.	3 × 8–12	90 s	
Step-up Technique: Drive with the top leg; lower under control. Alternative: Reverse lunge	2 × 10–15	60 s	
Incline push-up Technique: Body in one line; the higher the support, the easier. Alternative: Push-up	2 × 10–15	60 s	
Dead bug Technique: Keep the lower back on the floor while extending opposite arm and leg. Alternative: Hollow hold	2 × 12–15	45 s	
Prone Y raise Technique: Lying face down; lift the arms into a Y without arching the back.	2 × 12–15	45 s	

Exercise	Sets	Rest
Glute bridge Technique: Drive through the heels and squeeze the glutes without over-arching the lower back. Alternative: Single-leg glute bridge	2 × 12–15	45 s

DAY 3: FULL BODY C

Friday, about 46 min. Finish each set with 3 reps in reserve (RIR 3).

Exercise	Sets	Rest
Bulgarian split squat (rear foot on a chair) Technique: Torso upright; lower straight down and drive through the front heel. Alternative: Bodyweight squat	3 × 8–12	90 s
Inverted row (low bar, rings or a very sturdy table) Technique: Body in one line, chest to the bar. Make sure the support holds your weight.	3 × 8–12	90 s
Push-up Technique: Elbows about 45° from the torso and chest close to the floor. Alternative: Incline push-up	3 × 8–12	90 s
Single-leg glute bridge Technique: Keep the pelvis level; lift without rotating the hips. Alternative: Glute bridge	2 × 10–15	60 s
Pike push-up Technique: Hips high and head between the arms on the way down.	2 × 10–15	60 s
Side plank Technique: Hips high and body in one line. Alternative: Hollow hold	2 × 30–45 s	45 s
Plank Technique: Body in one line; glutes and abs braced. Alternative: Hollow hold	2 × 30–45 s	45 s

OPTIONAL CARDIO

Tuesday, Saturday, Sunday, 30 to 40 min at a comfortable pace (you can speak in full sentences). Options: Brisk walk, Easy jog, Cycling, Stairs at a comfortable pace.

Before you start. This is a general proposal, not medical advice. If you have an injury, pain, an illness, are pregnant or are under 18, check with a professional before you start. Sharp pain, dizziness or joint discomfort are reasons to stop. Muscle soreness the next day is normal.

Rest and rep ranges follow ACSM (2009). There are no invented loads: choose the weight by the stated reps in reserve (RIR).^[4]

WHAT TO EAT

Sample day with a bibimbap-style bowl, inspired by Korean cooking: about 2,200 kcal. It is an original proposal, not the character's diet: the sources consulted describe none. The bowl takes its cue from Korean cooking because Jin-woo is a South Korean hunter.^[5]

Energy

2,197 kcal

Protein

129 g (23 %)

Carbs

256 g (46 %)

Fat

78 g (31 %)

At a body weight of 75 kg (just as an example), this is 1.7 g of protein per kilogram; the reference range for people who strength-train is 1.4 to 2.0.^[6]

Breakfast

Whole-wheat sandwich bread 80 g, Whole egg 120 g, Tomato 120 g, Orange 140 g.

Lunch

White rice 300 g, Ground beef (93% lean) 100 g, Whole egg 46 g, Spinach 80 g, Carrot 60 g, Zucchini 80 g, Sesame oil 5 g, Soy sauce 10 g.

Snack

Greek yogurt, plain, whole milk 170 g, Pear 178 g.

Dinner

Firm tofu 200 g, Brown rice 200 g, Broccoli 150 g, Olive oil 9 g, Sesame seeds 5 g.

See the macros of each meal

Breakfast

Food	Amount	Energy	Protein	Carbs	Fat
Whole-wheat sandwich bread	80 g	202 kcal	10.0 g	34.2 g	2.8 g
Whole egg scrambled	120 g	179 kcal	12.0 g	1.9 g	13.2 g
Tomato raw	120 g	22 kcal	1.1 g	4.7 g	0.2 g
Orange raw	140 g	66 kcal	1.3 g	16.5 g	0.2 g
Subtotal	460 g	468 kcal	24.3 g	57.2 g	16.4 g

Lunch

Food	Amount	Energy	Protein	Carbs	Fat
White rice cooked	300 g	390 kcal	8.1 g	84.5 g	0.8 g
Ground beef (93% lean) pan-broiled	100 g	182 kcal	25.6 g	0.1 g	8.0 g
Whole egg fried	46 g	90 kcal	6.3 g	0.4 g	6.8 g
Spinach boiled	80 g	18 kcal	2.4 g	3.0 g	0.2 g
Carrot raw	60 g	25 kcal	0.6 g	5.7 g	0.1 g
Zucchini raw	80 g	14 kcal	1.0 g	2.5 g	0.3 g
Sesame oil	5 g	44 kcal	0.0 g	0.0 g	5.0 g
Soy sauce	10 g	5 kcal	0.8 g	0.5 g	0.1 g
Subtotal	681 g	768 kcal	44.6 g	96.7 g	21.3 g

Snack

Food	Amount	Energy	Protein	Carbs	Fat
Greek yogurt, plain, whole milk	170 g	165 kcal	15.3 g	6.8 g	8.5 g
Pear raw	178 g	101 kcal	0.6 g	27.1 g	0.2 g
Subtotal	348 g	266 kcal	15.9 g	33.9 g	8.7 g

Dinner

Food	Amount	Energy	Protein	Carbs	Fat
Firm tofu raw	200 g	288 kcal	34.5 g	5.6 g	17.4 g
Brown rice cooked	200 g	246 kcal	5.5 g	51.2 g	1.9 g
Broccoli boiled	150 g	53 kcal	3.6 g	10.8 g	0.6 g
Olive oil	9 g	80 kcal	0.0 g	0.0 g	9.0 g
Sesame seeds	5 g	29 kcal	0.9 g	1.2 g	2.5 g
Subtotal	564 g	695 kcal	44.5 g	68.7 g	31.5 g

- Spread protein over three or four meals. The reference range for people who strength-train is 1.4 to 2.0 g per kilogram of body weight per day.^[6]
- Fat can make up 20% to 35% of energy; carbohydrates fill in the rest according to your hunger, performance and energy use.^[7]

Work out your own energy with the [energy calculator](#).

Illustrative example, not a personalized diet or medical advice: it does not replace a registered dietitian. Check with a professional if you have a medical condition or an eating disorder. [Health notice](#)

BEGINNER ALTERNATIVE

If you are starting from zero, do three short full-body sessions with the easiest levels: wall or incline push-ups, squats and inverted rows with your body more upright, plus brisk walking on days off. When you complete all sets with good form, move to the main proposal.

See the routine: 3 days, 30 min, no equipment

M	T	W	T	F	S	S
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Strength
 ☐ Cardio
 Rest

DAY 1: FULL BODY A

Monday, about 29 min. Finish each set with 3 reps in reserve (RIR 3).

Exercise	Sets	Rest	
Bodyweight squat Technique: Feet shoulder-width, chest up, knees tracking over the feet.	2 × 10–12	60 s	☐
Incline push-up Technique: Body in one line; the higher the support, the easier. Alternative: Knee push-up	2 × 10–12	60 s	☐
Inverted row (low bar, rings or a very sturdy table) Technique: Body in one line, chest to the bar. Make sure the support holds your weight.	2 × 10–12	60 s	☐
Bodyweight good morning (hip hinge) Technique: Hands behind the head, soft knees, hips back with a neutral spine.	2 × 12–15	45 s	☐
Dead bug Technique: Keep the lower back on the floor while extending opposite arm and leg. Alternative: Plank	2 × 12–15	45 s	☐

DAY 2: FULL BODY B

Wednesday, about 29 min. Finish each set with 3 reps in reserve (RIR 3).

Exercise	Sets	Rest	
Bodyweight good morning (hip hinge) Technique: Hands behind the head, soft knees, hips back with a neutral spine.	2 × 10–12	60 s	☐
Incline push-up Technique: Body in one line; the higher the support, the easier. Alternative: Knee push-up	2 × 10–12	60 s	☐

Exercise	Sets	Rest	
Inverted row (low bar, rings or a very sturdy table) Technique: Body in one line, chest to the bar. Make sure the support holds your weight.	2 × 10–12	60 s	
Step-up Technique: Drive with the top leg; lower under control. Alternative: Reverse lunge	2 × 12–15	45 s	
Wall push-up Technique: Body in one line; the farther from the wall, the harder. Alternative: Knee push-up	2 × 12–15	45 s	

DAY 3: FULL BODY C

Friday, about 29 min. Finish each set with 3 reps in reserve (RIR 3).

Exercise	Sets	Rest	
Bodyweight squat Technique: Feet shoulder-width, chest up, knees tracking over the feet.	2 × 10–12	60 s	
Inverted row (low bar, rings or a very sturdy table) Technique: Body in one line, chest to the bar. Make sure the support holds your weight.	2 × 10–12	60 s	
Incline push-up Technique: Body in one line; the higher the support, the easier. Alternative: Wall push-up	2 × 10–12	60 s	
Glute bridge Technique: Drive through the heels and squeeze the glutes without over-arching the lower back.	2 × 12–15	45 s	
Knee push-up Technique: Straight line from knees to head; lower the chest under control. Alternative: Wall push-up	2 × 12–15	45 s	

OPTIONAL CARDIO

Tuesday, Sunday, 20 to 30 min at a comfortable pace (you can speak in full sentences).
 Options: Brisk walk, Easy jog, Cycling, Stairs at a comfortable pace.

FREQUENCY AND REST

- 3 strength sessions a week and 4 days off; use them to walk or move gently.
- WHO recommends muscle-strengthening activities for the major muscle groups on at least two days a week: this routine meets that.^[8]
- Cardio is optional and goes on days off, at a pace where you can speak in full sentences; if you arrive tired to a strength session, cut it back.
- Sleep seven or more hours a night on a regular basis (AASM and SRS consensus for adults aged 18 to 60).^[9]
- If fatigue builds up or you stall for several weeks, halve your sets for a week and build back up (editorial judgment).

Full version, with sources and tools: <https://zumbo.eu/anime-workouts/characters/sung-jin-woo/>