

# GOKU

## WORKOUT ROUTINE



### BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

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 insure 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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# Goku

## Workout Routine:

### Training Volume:

6 days per week

### Explanation:

We're going to have 4 days of typical weight lifting and then 2 days made up of calisthenics and cardio.

## Day One: Goku Chest and Triceps

### Warm Up:

Stretch

Jog 800m

### Workout:

Bench Press

4×12

Tricep Overhead Extension

4×12

Incline Bench Press

4×12

Tricep Pushdowns

4×12

Dips

4×25

**Goku Circuit:**

4 Rounds for Time:

400m jog

25 Plank to Push Ups

20 Clean and Press

15 Double Unders

10 Thrusters

5 Box Jumps

# Day Two: Hyperbolic Time Chamber

## **Warm Up:**

Stretch

## **Cardio:**

30-60 min of varied cardio

## **Calisthenics:**

200 Air Squats

150 Sit Ups

150 Push Ups

100 Dips

100 Lunges

75 Pull Ups

75 Leg Raises

# Day Three: Goku Back and Biceps

## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Deadlift

4×12

Bicep Curls

4×12

Lateral Pulldowns

4×12

Cable Rows

4×12

Chin Ups

4×25

**Goku Circuit:**

4 Rounds for Time:

400m jog

25 Plank to Push Ups

20 Clean and Press

15 Double Unders

10 Thrusters

5 Box Jumps

# Day Four: Hyperbolic Time Chamber

## **Warm Up:**

Stretch

## **Cardio:**

30-60 min of varied cardio

## **Calisthenics:**

200 Air Squats

150 Sit Ups

150 Push Ups

100 Dips

100 Lunges

75 Pull Ups

75 Leg Raises

# Day Five: Goku Shoulders and Traps



## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Military Press

4×12

Dumbbell Shrugs

4×12

Dumbbell Front Raises

4×12

One Arm Dumbbell Snatches

4×12

Push Ups

4×25

## **Goku Circuit:**

4 Rounds for Time:

400m jog

25 Plank to Push Ups

20 Clean and Press

15 Double Unders

10 Thrusters

5 Box Jumps

## **Day Six: Goku Rest and Rice**

Rest Day.

Eat some rice and protein.

Have fun.

## **Day Seven: Goku Legs and Calves**

## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Squats

4×12

Calf Raises

4×12

Leg Press

4×12

Hamstring Curls

4×12

Weighted Step Ups

4×12

## **Goku Circuit:**

4 Rounds for Time:

400m jog

25 Plank to Push Ups

20 Clean and Press

15 Double Unders

10 Thrusters

5 Box Jumps