

GOHAN

WORKOUT ROUTINE



Bonus PDF File
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GOHAN WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be focusing on the fact that Gohan is half human and training like one. We'll be focusing on his super strength, speed, explosiveness and intensity. You have four days of weight training and high intensity and a day devoted to long distance endurance work.

Gohan Workout Day One: Chest and Tricep Focus w/ Intensity Finisher

Cardio:

20-30 minute jog (or walk/jog) for Endurance

Chest and Triceps:

Bench Press

4×12

Close Grip Bench

4×12

Incline Dumbbell Flyes

4×12

Tricep Pushdowns w/ Rope

4×12

Weighted Dips

4xFailure

Intensity Circuit:

Complete 3 Rounds

(Break 1 minute between rounds only if needed)

30 Second Sprint

20 Dumbbell Thrusters

10 Burpees

20 Second L-Sit

30 Second Battle Ropes

Gohan Workout Day Two: Back and Bicep Focus w/ Intensity Finisher

Cardio:

20-30 minute jog (or walk/jog) for Endurance

Chest and Triceps:

Deadlifts

4×12

Close Grip Pulldowns

4×12

Wide Grip Rows w/ Cable

4×12

Bicep Curl w/ Bar (EZ Bar or Barbell)

4×12

Weighted Chin Ups

4xFailure

Intensity Circuit:

Complete 3 Rounds

(Break 1 minute between rounds only if needed)

30 Meter Sled Pull

20 Box Jumps

10 Wide Grip Pull Ups *(Assisted is okay for scaling; or jump ups)*

20 Hanging Leg Raises *(or Knee Raises)*

30 Meter Sled Push

Gohan Workout Day Three: Long Distance Endurance Work

One day per week we're going to hit a long distance run or row to really work on our endurance.

The 20-30 minutes of cardio each day is a good add-on to our weight training, but it's important to realize the endurance these characters truly have when we see them in the show.

If we want to come anywhere even close to that, we need to step it up a notch.

Run based on your Saiyan level:

Beginner: 2-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

Gohan Workout Day Four: Shoulders, Delts, and Traps Focus w/ Intensity Finisher

Cardio:

20-30 minute jog (or walk/jog) for Endurance

Chest and Triceps:

Standing Overhead Press

4×12

Barbell Shrugs

4×12

Face Pulls

4×12

Power Cleans

4×12

Weighted Push Ups

4xFailure

Intensity Circuit:

Complete 3 Rounds

(Break 1 minute between rounds only if needed)

30 Kettlebell Swings

20 Dumbbell Snatches each arm

10 Burpees

20 Sit Ups

30 Second Battle Ropes

**Gohan Workout Day Five: Legs and
Explosiveness Focus w/ Intensity Finisher**

Cardio:

20-30 minute jog (or walk/jog) for Endurance

Chest and Triceps:

Back Squats

4×12

Straight Leg Dumbbell Deadlifts

4×12

Explosive Hack Squats

4×12

Explosive Box Jumps (*shoot for as high as you can go*)

4×12

Weighted Lunges

4×Failure

Intensity Circuit:

Complete 3 Rounds

(Break 1 minute between rounds only if needed)

30 Goblet Squats w/ KB

20 Cable Pullthroughs on Cable

10 Mountain Climbers

20 Jumping Lunges

30 Meter Tire Flip