

# PICCOLO

# WORKOUT ROUTINE



Bonus PDF File  
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# PICCOLO WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

For this one we're still going to be training with high intensity and weights (if you're a DBZ fan you know the training Piccolo put Gohan through was no joke!) but we're going to dial it down ever so slightly for our beginners in The SHJ Army and we'll also be utilizing some yoga, stretching and meditation more often than we're used to seeing.

## Piccolo Workout Day One: Full Body, Yoga and Meditation

### Warm Up:

20 Minute Jog (or Walk/Jog)

### Workout:

Incline Dumbbell Bench Press

3×10

Bulgarian Split Squats

3×10

Seated Arnold Press

3×10

Wide Grip Lateral Pulldown

3×10

Dumbbell Bicep Curls

3×10 each arm

Tricep Rope Pushdowns on Cable

3×10

**Cooldown:**

15 min of Yoga and/or Meditation/Stretching

## **Piccolo Workout Day Two: Endurance and Yoga**

On your endurance and yoga days you have a choice of which you'd like to do first. You can get out there early for a morning run (we'll talk about distance per training level in a second), or you can hit a yoga class or video first and save the run for after.

*The timing is up to you.*

**For your Yoga training:**

I suggest utilizing a video or instruction within our Academy, an in person class, or some of the great content on YouTube for a session ranging from 15-60 minutes depending on your training level.

**For your run, here's your distances:**

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

## **Piccolo Workout Day Three: Full Body, Yoga and Meditation**

### **Warm Up:**

20 Minute Jog (or Walk/Jog)

### **Workout:**

Decline Chest Flyes

3×10

Hamstring Curls

3×10

Cable Straight Bar Shoulder Front Raise

3×10

Close Grip Cable Rows

3×10

Cable Hammer Curls w/ Rope

3×10

Skull Crushers

3×10

**Cooldown:**

15 min of Yoga and/or Meditation/Stretching

## **Piccolo Workout Day Four: Endurance and Yoga**

On your endurance and yoga days you have a choice of which you'd like to do first. You can get out there early for a morning run (we'll talk about distance per training level in a second), or you can hit a yoga class or video first and save the run for after.

*The timing is up to you.*

**For your Yoga training:**

I suggest utilizing a video or instruction within our Academy, an in person class, or some of the great content on YouTube for a session ranging from 15-60 minutes depending on your training level.

**For your run, here's your distances:**

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

## **Piccolo Workout Day Five: Full Body, Yoga and Meditation**

**Warm Up:**

20 Minute Jog (or Walk/Jog)

**Workout:**

Dips

3×10

Squat Variation

3×10

Machine Overhead Press

3×10

Deadlifts w. Dumbbells

3×10

Chin Ups

3×10

Close Grip Push Ups

3×10

**Cooldown:**

15 min of Yoga and/or Meditation/Stretching