

# TRUNKS WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# TRUNKS WORKOUT ROUTINE

## Training Volume:

3+ days per week

## Explanation:

This one isn't made with a specific schedule in mind, but rather a daily workout that can be fit into one of your other Saiyan or DBZ workout routines; or even added on top to get the feel of the heavy Trunks broadsword style!

## The Trunks Workout: Steel Mace Workout

*Remember to warm up with your mace before starting.*

### Complete 5 Rounds for Time:

Steel Mace 360 x 1 minute per side

Steel Mace Switch Squat x 1 minute per side

Steel Mace Rotating Row x 30 seconds per side

Steel Mace Get Up Sit Up x 30 seconds per side

## The Trunks Workout: Suggested Workout Pairing

**As I mentioned, this workout is made to pair well with our other DBZ workouts, but I personally think it goes best with:**

[Goku](#), [Gohan](#), [Vegeta](#), and [Jiren](#)