

GOKU COSPLAY WORKOUT & GUIDE



Bonus PDF File
By: **Mike Romaine**

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 COSPLAY WORKOUT ROUTINE

Training Volume:

5 days a week

Explanation:

We'll be training 5 days a week. Although I will be making this as beginner oriented as I can, I will be calling it "Beginner-Intermediate" simply because I will be adding in complex lifts. Feel free to sub those to different variations if you need. I will include examples below.

Difficulty Level:

Beginner-Intermediate

When we do our celebrity and character workouts we base the difficulty level off of their routines/their powers. For this one it's just a judgement call on how I believe we can best get you looking like each character. For that reason I'm providing a level for each.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Goku Cosplay Workout: Sample Workout Schedule

Monday: Chest and Triceps with Fat Burning Cardio

Tuesday: Legs and Calves with Fat Burning Cardio

Wednesday: Cardio and Core Day (Option to Add Calisthenics as Bonus)

Thursday: Shoulders and Traps with Fat Burning Cardio

Friday: Back and Biceps with Fat Burning Cardio

Saturday: Rest Day

Sunday: Rest Day

Goku Cosplay Workout: Chest and Triceps with Fat Burning Cardio

Warm Up:

10 Minute Jog or Incline Walk

Workout:

Bench Press (Sub Machine Press or DB Press)

4×12

Tricep Cable Pushdown with Rope

3×12

Incline Bench Press with Dumbbells (Sub Machine)

3×10

Dips

5×8

Chest Flyes (DB, Cables or Machine)

4×10

Overhead Tricep Extension

3×0

Fat Burning Cardio:

30 Minutes of Varied Cardio from Below Options:

- Elliptical
- Treadmill Walk/Jog
- Row Machine
- Bike
- StairMaster

Goku Cosplay Workout: Legs and Calves with Fat Burning Cardio

Warm Up:

10 Minute Jog or Incline Walk

Workout:

Back Squat (Sub Hack, Landmine, Goblet or Front)

4×12

Seated Calf Raises

3×12

Hamstring Curls w/ Machine

3×10

Weighted Lunges

5×8 each leg

Box Jumps

4×10

Leg Press

3×0

Fat Burning Cardio:

30 Minutes of Varied Cardio from Below Options:

- Elliptical
- Treadmill Walk/Jog
- Row Machine
- Bike

- StairMaster

Goku Cosplay Workout: Cardio and Core Day

Complete 60 Minutes of Varied Cardio:

- Elliptical
- Treadmill Walk/Jog
- Row Machine
- Bike
- StairMaster

Complete 5 Sets of Each Core Exercise:

Sit Ups x 25

Hanging Leg Raises x 25

Russian Twists x 25

Cable Crunches x 25

Planks x 60 seconds

Goku Cosplay Workout: Shoulders and Traps with Fat Burning Cardio

Warm Up:

10 Minute Jog or Incline Walk

Workout:

Overhead Press (Sub Seated w/ Bar or DB, or Machine Press)

4×12

Hang Cleans

3×12

Barbell Shrugs

3×10

Face Pulls w/ Cable

4×10

Upright Rows w/ Plate

4×10

Shoulder Flys

3×0

Fat Burning Cardio:

30 Minutes of Varied Cardio from Below Options:

- Elliptical
- Treadmill Walk/Jog
- Row Machine
- Bike

- StairMaster

Goku Cosplay Workout: Back and Biceps with Fat Burning Cardio

Warm Up:

10 Minute Jog or Incline Walk

Workout:

Deadlift (Sub w/ DBs)

4×12

Bent Over Rows w/ Barbell (Sub w/ DB)

3×12

Alternating Dumbbell Bicep Curls

3×10

Chin Ups

5×5

Preacher Curls

4×10

Wide Grip Lateral Pulldown

3×10

Fat Burning Cardio:

30 Minutes of Varied Cardio from Below Options:

- Elliptical
- Treadmill Walk/Jog
- Row Machine
- Bike
- StairMaster