

GON WORKOUT ROUTINE



Bonus PDF File
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GON WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to use a similar layout to how we structured last week's Avatar workout routines. You'll have 3 days of calisthenics training, two days of speed and endurance training, and then I'll be giving you extra training protocol for parkour, endurance, mixed martial arts and more.

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.

Gon Workout: Sample Workout Schedule

Monday: Calisthenics, Circuit and Core

Tuesday: Add-on Programming (Parkour, Mixed Martial Arts, Endurance and Speed Work)

Wednesday: Calisthenics, Circuit and Core

Thursday: Add-on Programming (Parkour, Mixed Martial Arts, Endurance and Speed Work)

Friday: Calisthenics, Circuit and Core

Saturday: Add-on Optional Programming (Parkour, Mixed Martial Arts, Endurance and Speed Work)

Sunday: Add-on Optional Programming (Parkour, Mixed Martial Arts, Endurance and Speed Work)

Gon Workout: Calisthenics Training, Cally Circuit A, and Core

Warm Up:

800M Jog

2×50 Jumping Jacks

2×50 High Knees

2×50 Butt Kickers

Calisthenics Training:

Push Ups

5×20

Air Squats

5×15

Dips

5×10

Chin Ups

5×5

Lunges

5×5 each leg

Cally Circuit A:

3 Rounds Without Break

20 Jump Squats

20 Sit Ups

20 Double Unders

20 Mountain Climbers

Core Training A:

3 Giant Sets (Break Between Sets, Not Exercises)

50 Crunches

25 Lying Leg Raises

15 Second Reverse Superman (Hollow Hold)

Gon Workout: Calisthenics Training, Cally Circuit B, and Core

Warm Up:

800M Jog

2×50 Jumping Jacks

2×50 High Knees

2×50 Butt Kickers

Calisthenics Training:

Push Ups

5×20

Air Squats

5×15

Dips

5×10

Chin Ups

5×5

Lunges

5×5 each leg

Cally Circuit B:

2 Rounds for Time

100 Jump Ropes

25 Pull Ups

15 Burpees

25 Pull Ups

100 Jump Ropes

Core Training B:

3 Giant Sets (Break Between Sets, Not Exercises)

50 V-Ups

25 Hanging Leg Raises

15 Second Superman Hold

Gon Workout: Calisthenics Training, Cally Circuit C, and Core

Warm Up:

800M Jog

2×50 Jumping Jacks

2×50 High Knees

2×50 Butt Kickers

Calisthenics Training:

Push Ups

5×20

Air Squats

5×15

Dips

5×10

Chin Ups

5×5

Lunges

5×5 each leg

Cally Circuit C:

5 Rounds for Time

10 Double Unders

10 Clap Push Ups

10 Skull Crushers (Calisthenics)

10 Pistol Squats (Total)

10 Box Jumps

10 Jumping Lunges (Total)

Core Training C:

3 Giant Sets (Break Between Sets, Not Exercises)

50 Cable Crunches

25 Lying Leg Raises w/ Hip Thrust

15 Second L-Sit

Add-on Programming (Parkour, Mixed Martial Arts, Endurance and Speed Work)

Parkour Training:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Mixed Martial Arts Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

Endurance Work:

Beginner: 1-3 Mile Run

Intermediate: 3-5 Mile Run

Advanced: 5+ Mile Run

OR

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)

Speed Work:

- The Kid Flash Workout Routine Speed Routine