

GOKU CALISTHENICS WORKOUT ROUTINE



Bonus PDF File
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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.

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GOKU CALISTHENICS WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're going to be utilizing 3 days of calisthenics training that will be building up our strength and progressing to advanced movements and then two days devoted to high intensity interval training and one day devoted to purely endurance work.

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 Calisthenics Workout Routine: Sample Workout Schedule

Monday: Calisthenics

Tuesday: High Intensity Interval Training

Wednesday: Calisthenics

Thursday: High Intensity Interval Training

Friday: Calisthenics

Saturday: Active Rest Day

Sunday: Endurance Work

Goku Calisthenics Workout Routine: Calisthenics Training

Warm Up:

2×25 High Knees

2×25 Jumping Jacks

2×25 Butt Kickers

Workout:

Push Ups: 250

Air Squats: 200

Sit Ups: 150

Dips: 150

Pull Ups: 100

These reps can be completed by doing sets of 5-10 reps (or more), done in one big circuit, or even as supersets.

Extra Core Work:

Planking: 3×60 Seconds

Hollow Hold: 3×45 Seconds

L-Sit Hold: 3×30 Seconds

Goku Calisthenics Workout Routine: High Intensity Interval Training A

If you need a jump rope for our circuit workouts you can check out our [Top Jump Rope picks here](#).

Complete 5 Rounds:

20 Double Unders

25 Push Ups

20 Double Unders

20 Air Squats

20 Double Unders

15 Dips

20 Double Unders

10 Pull Ups

Goku Calisthenics Workout Routine: High Intensity Interval Training B

If you need a jump rope for our circuit workouts you can check out our [Top Jump Rope picks here](#).

Complete 3 Rounds:

60 Jump Ropes

50 Sit Ups

40 High Knee Skips

30 Mountain Climbers

20 Double Unders

10 Burpees

Goku Calisthenics Workout Routine: Endurance Work

On your endurance days it's your job to get in long distance cardio. I would recommend sticking to running and utilizing the workouts provided below in conjunction with my recommended scaling of distance as well.

Scaled Running Distances:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles