

SATORU GOJO WORKOUT ROUTINE



Bonus PDF File
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SATORU GOJO WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to be building a four day strength plan and then I'm going to be having you do a day or two devoted to endurance training as well.

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.

Satoru Gojo Workout Routine: Sample Workout Schedule

Monday: Chest and Triceps

Tuesday: Back and Biceps

Wednesday: Optional Endurance Day One

Thursday: Legs and Calves

Friday: Shoulders and Traps

Saturday: Optional Endurance Day Two

Sunday: Rest Day

Satoru Gojo Workout Routine: Chest and Triceps

Warm Up:

800m Run

Workout:

Bench Press

4×10

Incline Bench Press

4×10

Close Grip Bench Press

3×10

Tricep Cable Pushdowns

3×10

Weighted Dips

3×10

Finisher: 4 Rounds

100M Sled Push

20 Kettlebell Swings

10 Burpees

Satoru Gojo Workout Routine: Back and Biceps

Warm Up:

800m Run

Workout:

Bent Over Rows

4×10

Chin Ups

4×10

Wide Grip Lateral Pulldowns

3×10

Preacher Curls

3×10

Hammer Strength Alternating Dumbbell Curls

3×10

Finisher: 3 Rounds

100M Sprint

20 Alternating Kettlebell Deadlifts

15 Hanging Leg Raises

10 Sit Ups

Satoru Gojo Workout Routine: Legs and Calves

Warm Up:

800m Run

Workout:

Front Squats

4×10

Leg Press

4×10

Calf Raises

3×10

Double Unders

3×20

Hamstring Curls

3×10

Finisher: 3 Rounds

100M Weighted Carries

20 Box Jumps

15 V-Ups

10 Cable Pull Throughs

Satoru Gojo Workout Routine: Shoulders and Traps

Warm Up:

800m Run

Workout:

Overhead Press

4×10

Hang Cleans

4×10

Lateral Raises

3×10

Barbell Shrugs

3×10

Alternating Single Arm Kettlebell Swings

3×12

Finisher: 4 Rounds

100M Sled Pulls

20 Sumo Deadlift High Pull

10 Cable Crunches

Satoru Gojo Workout Routine: Optional Endurance Work

Normally I would require you to run based on your fitness level as follows:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

But in this case you have the option to run or even utilize parkour or mixed martial arts.

HIIT Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

Running/Endurance Resources

- [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](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

Parkour Training Resources

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

MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)