

GAJEEL REDFOX WORKOUT ROUTINE



Bonus PDF File
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GAJEEL REDFOX WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We'll be using a standard strength training workout routine based around our four main compound lifts and working in MMA and endurance training with bonus resources on optional off days.

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.

Gajeel Redfox Workout Routine: Sample Workout Schedule

Monday: Redfox Chest and Triceps

Tuesday: Redfox Legs, Calves and Abs

Wednesday: Optional Endurance and MMA

Thursday: Redfox Shoulders, Traps and Abs

Friday: Redfox Back and Biceps

Saturday: Medium Cardio and 3 Rounds of Jump Rope Circuit

Sunday: Parkour and MMA Training

Gajeel Redfox Workout Routine: Redfox Chest and Triceps

Warm Up:

10 Min Jog

Compound:

Bench Press

4×12, 10, 8, 5

(Or swap for RPT instead of Traditional [Pyramid Training](#))

Accessory Work:

Incline Bench Press

3×10

Chest Flyes

3×10

Overhead Tricep Extensions

3×10

Cable Rope Tricep Pushdowns

3×10

Weighted Dips

3×10

Tricep Kickbacks

3×10 each arm

Gajeel Redfox Workout Routine: Redfox Legs, Calves and Abs

Warm Up:

10 Min Jog

Compound:

Back Squats

4×12, 10, 8, 5

(Or swap for RPT instead of Traditional [Pyramid Training](#))

Accessory Work:

Leg Press

3×10

Seated Calf Raises

3×10

Hamstring Curls

3×10

Quad Extensions

3×10

Abs:

Sit Ups

3×25

Lying Leg Raises w/ Hip Thrust

3×20

Gajeel Redfox Workout Routine: Redfox Shoulders, Traps and Abs

Warm Up:

10 Min Jog

Compound:

Overhead Press

4×12, 10, 8, 5

(Or swap for RPT instead of Traditional Pyramid Training)

Accessory Work:

Lateral Raises

3×10

Barbell Shrugs

3×10

Hang Cleans

3×10

Shoulder Front Raises

3×10

Abs:

V-Ups

3×25

Hanging Leg Raises

3×20

Gajeel Redfox Workout Routine: Redfox Back and Biceps

Warm Up:

10 Min Jog

Compound:

Deadlifts

4×12, 10, 8, 5

Accessory Work:

Bent Over Rows

3×10

Wide Grip Lateral Pulldowns

3×10

Close Grip Cable Rows

3×10

Preacher Curls

3×10

Alternating Dumbbell Curls

3×10 each arm

Chin Ups

3×20

Gajeel Redfox Workout Routine: Optional Bonus Training Resources

Endurance Training 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 \(Workout Included\)](#)

HIIT Training Resources

- [Jump Rope Workout Routines](#)
- [Best HIIT Workouts to Add to Your Training](#)

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](#)