

BARDOCK

WORKOUT ROUTINE



Bonus PDF File
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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.

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BARDOCK WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

To train like Bardock we're going to be using a PPL weight lifting split with a few days of HIIT incorporated as well. This will allow us to train for Bardock's Saiyain-Strength, while also giving us the endurance, speed, and fat burn needed to perform like Goku's father.

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.

Bardock Workout Routine: Sample Workout Schedule

Monday: Saiyan Warrior Push Day

Tuesday: Time Breaker HIIT A

Wednesday: Saiyan Warrior Pull Day

Thursday: Time Breaker HIIT B

Friday: Saiyan Warrior Leg Day

Saturday: Optional Mixed Martial Arts, HIIT, Parkour or Active Rest Day

Sunday: Mandatory Rest Day

Bardock Workout Routine: Saiyan Warrior Push Day

Warm Up:

10 Minute Jog

Workout:

Bench Press

3×12, 10, 8

Tricep Overhead Extension

3×12, 10, 8

Incline Dumbbell Bench Press

3×10

Barbell Shrugs

3×10

Overhead Press

3×10

Calisthenics:

Push Ups

3×20

Dips

3×15

Sit Ups

3×25

Bardock Workout Routine: Time Breaker HIIT A

Complete 3-5 Rounds:

Jumping Jacks x 50

Kettlebell Swings x 20

KB Toe Taps x 50

Kettlebell Curl to Press x 10

High Knees x 50

Kettlebell Sumo Deadlift High Pull x 10

Jumping Jacks x 50

Plank to Push Ups

Bardock Workout Routine: Saiyan Warrior Pull Day

Warm Up:

10 Minute Jog

Workout:

Deadlift

3×12, 10, 8

Standing EZ Bar Curls

3×12, 10, 8

Cable Rows

3×10

Pulldowns

3×10

Curl to Press

3×10

Calisthenics:

Chin Ups

3×10

Hanging Leg Raises

3×20

Cable Crunches

3×20

Bardock Workout Routine: Time Breaker HIIT B

Complete 3-5 Rounds:

Run 400m

Single Arm DB Snatches x 20

Jumping Jacks x 30

Goblet Squats x 12

Jumping Jacks x 30

Kettlebell Single Arm Deadlifts x 20

Jumping Jacks x 30

Mountain Climbers x 20

Jumping Jacks x 30

Alternating Single Arm KB Swings x 30

Bardock Workout Routine: Saiyan Warrior Leg Day

Warm Up:

10 Minute Jog

Workout:

Back Squats

3×12, 10, 8

Leg Press

3×12, 10, 8

Weighted Goblet Lunges

3×10

Bulgarian Split Squats

3×10

3-Point Goblet Squats

3×24

Calisthenics:

Glute Bridges

3×20

Lying Leg Raises with Hip Thrust

3×20

Flutter Kicks

3×50

Bardock Workout Routine: Optional Training Resources

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](#)

Parkour Training Resources

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

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 Train After Your First 5K \(Workout Included\)](#)

HIIT Resources:

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