

# GOTEN WORKOUT ROUTINE



Bonus PDF File  
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# GOTEN WORKOUT ROUTINE

## Training Volume:

3-5+ days per week

## Explanation:

For Goten's inspired workout we're training 3 days a week at it's core and then you have the option to add in some extra endurance work or even parkour, but I'll also be providing some resources for mixed martial arts and HIIT if you'd like to sub that in instead.

## 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.

## Goten Workout Routine: Sample Workout Schedule

**Monday:** Half-Saiyan Calisthenics and Cardio A

**Tuesday:** Saiyan Endurance Work A

**Wednesday:** Half-Saiyan Calisthenics and Cardio B

**Thursday:** Saiyan Endurance Work B

**Friday:** Half-Saiyan Calisthenics and Cardio C

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

**Sunday:** Mandatory Rest Day

## **Goten Workout Routine: Half-Saiyan Calisthenics & Cardio A**

### **Warm Up:**

Jumping Jacks x 50

Jumping Lunges x 20

Crab Walk x 30m

### **Workout:**

Explosive Push Ups

3×20

Tricep Extension (Calisthenics Variation)

3×10

Walking Lunges

3×20 total lunges

Sit Ups with Twist

3×30

Hollow Hold

3×30 seconds

Flutter Kicks

3×50

**Cardio:**

Bike 2-3 Miles

## **Goten Workout Routine: Saiyan Endurance Work A**

**Weighted Trek:**

*Wear a weighted backpack or weighted vest and go hiking.*

**Beginner:** 2-3+ Miles

**Intermediate:** 4-6+ Miles

**Advanced:** 7-10+ Miles

## **Goten Workout Routine: Half-Saiyan Calisthenics & Cardio B**

**Warm Up:**

Jumping Jacks x 50

Jumping Lunges x 20

Crab Walk x 30m

**Workout:**

Inch Worm to Push Ups

3×15

Chair Dips

3×10

Box Jumps

3×20

V-Ups

3×30

L-Sit Hold

3×30 seconds

Lying Leg Raises

3×50

## **Cardio:**

Run 1-2 Miles

## **Goten Workout Routine: Saiyan Endurance Work B**

**Complete 30 Minutes of On and Off Sprints and then Jog 15 Minutes**

- ON: 1 Minute Sprint at 7-10MPH
- OFF: 1 Minute Walk at 2.5-3.5MPH
- Rinse and Repeat for 30 Minutes
- Jog 15 Minutes
- Cooldown 15 Minutes with a Walk

## **Goten Workout Routine: Half-Saiyan Calisthenics & Cardio C**

### **Warm Up:**

Jumping Jacks x 50

Jumping Lunges x 20

Crab Walk x 30m

### **Workout:**

Close to Wide Push Ups

3×20

Plank to Push Ups

3×10

Air Squat with 2 Second Pause

3×20

Bicycle Crunches

3×40

Plank Hold

3×60 seconds

Lying Leg Raises with Hip Thrust

3×20

**Cardio:**

Swim 1600m

## **Goten Workout Routine: Optional Additional 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](#)