

LEGOSHI WORKOUT ROUTINE



Bonus PDF File
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LEGOSHI WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

We're going to be training for 4 days of fairly basic strength training for this one. We don't have to overdue it as Legoshi isn't sporting a SUPER lean and toned physique and doesn't have overpowered strength, but we will focus on achieving strength building while looking to acquire a muscular and toned physique 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.

Legoshi Workout Routine: Sample Workout Schedule

Monday: Cardio, Chest and Triceps

Tuesday: Cardio, Legs and Abs

Wednesday: Rest Day

Thursday: Cardio, Back and Biceps

Friday: Cardio, Shoulders and Abs

Saturday: Active Rest Day

Sunday: Mandatory Rest Day

Legoshi Workout Routine: Cardio, Chest and Triceps

Warm Up Cardio:

Complete 10-20 Minutes of Varied Cardio (Treadmill, Elliptical, Bike, StairMaster, Rower, etc.)

Workout:

Bench Press

3×12

Close Grip Bench Press

3×10

Incline Bench Press

3×12

Skull Crushers

3×10

Dips

4×10

Chest Flyes

3×10

Legoshi Workout Routine: Cardio, Legs and Abs

Warm Up Cardio:

Complete 10-20 Minutes of Varied Cardio (Treadmill, Elliptical, Bike, StairMaster, Rower, etc.)

Workout:

Back Squat

3×12

Leg Press

3×10

Hamstring Curls

3×12

Quad Extensions

3×10

Bulgarian Split Squats

4×10 each leg

Cable Crunches

3×20

Hanging Knee Raises w/ Twist

3×20

Legoshi Workout Routine: Cardio, Back and Biceps

Warm Up Cardio:

Complete 10-20 Minutes of Varied Cardio (Treadmill, Elliptical, Bike, StairMaster, Rower, etc.)

Workout:

Bent Over Rows

3×12

Dumbbell Deadlift

3×10

Standing EZ Bar Curls

3×12

Cable Rope Hammer Curls

3×10

Chin Ups

4×10

Wide Grip Pulldowns

3×10

Legoshi Workout Routine: Cardio, Shoulders and Abs

Warm Up Cardio:

Complete 10-20 Minutes of Varied Cardio (Treadmill, Elliptical, Bike, StairMaster, Rower, etc.)

Workout:

Overhead Press

3×12

Barbell Shrugs

3×10

Upright Rows

3×12

Seated DB Front Raises

3×10

Kettlebell Swings

4×10

Sit Ups

3×25

Hanging Leg Raises

3×20