

MAJIN BUU WORKOUT ROUTINE



Bonus PDF File
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KRILLIN WORKOUT ROUTINE

Training Volume:

4-6+ days per week

Explanation:

We're using 4 days of weight training per week that's going to have a bit of cardio but also focus on strength, explosive power, and all around speed. On top of this we'll also be adding in our additional resources for MMA, parkour, HIIT and endurance work that you can add in 1-2 days per week if possible.

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.

Majin Buu Workout Routine: Sample Workout Schedule

Monday: Majin Weight Training A

Tuesday: Majin Weight Training B

Wednesday: Buu Optional Training

Thursday: Majin Weight Training C

Friday: Majin Weight Training D

Saturday: Active Rest Day

Sunday: Rest Day

Majin Buu Workout: Weight Training A

Warm Up:

800m walk

800m jog

Workout:

Power Cleans

4×5

Upright Barbell Row (Sub EZ Bar or Plate)

3×8

Barbell Squats

4×10

Leg Press

3×10

Lying Leg Curl (Hamstring Curls)

4×10

Cable Crunches

4×25

Majin Buu Workout: Weight Training B

Warm Up:

800m walk

800m jog

Workout:

Barbell Bench Press

4×8

Dumbbell Incline Bench Press

4×8

Pullups

5×10

T-Bar Rows

3×8

Standing Barbell Press Behind Neck

4×8

Dips

3×10

Standing DB Lateral Raises

4×10

Majin Buu Workout: Weight Training C

Warm Up:

800m walk

800m jog

Workout:

Power Cleans

4×5

Dumbbell or Barbell Shrugs

3×15

Front Squats w/ Barbell

4×10

DB Lunges

4×6 each leg

Hanging Leg Raises (Sub Knee Raises)

3×20

Bulgarian Split Squats (Light)

4×6 each leg

Majin Buu Workout: Weight Training D

Warm Up:

800m walk

800m jog

Workout:

Barbell Bench Press

5×5

Barbell Incline Press

3×8

Dumbbell Flyes

3×8

Pull Ups

5×10

Bent Over Dumbbell Rows on Bench

3×8

Dumbbell Pullovers

3×10

Majin Buu Workout: 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](#)