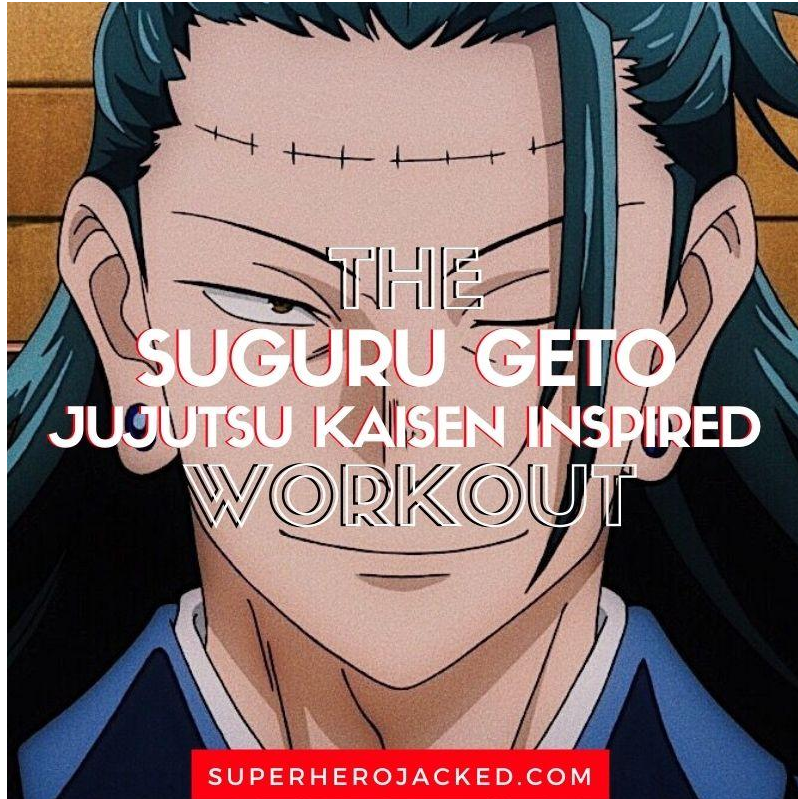


# SUGURU GETO WORKOUT ROUTINE



Bonus PDF File  
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to ensure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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# SUGURU GETO WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

We're going to be training around 3 super intense weight training days that pair intensity and volume with weights as well as leave room for us to expand on our training into other areas on up to 2-3 other days per week – which will focus on endurance and acrobatic maneuverability.

## 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

## Suguru Geto Workout Routine: Sample Workout Schedule

**Monday:** Ex-Sorcerer Intensity Pull Day

**Tuesday:** Cursed High Intensity Endurance

**Wednesday:** Ex-Sorcerer Intensity Leg Day

**Thursday:** Special Grade Acrobatic Maneuverability

**Friday:** Ex-Sorcerer Intensity Push Day

**Saturday:** Active Rest Day or Optional Additional Training with Resources

**Sunday:** Mandatory Rest Day

## **Suguru Geto Workout Routine: Ex-Sorcerer Intensity Pull Day**

### **Warm Up:**

10-20 Minute Walk/Run

### **Workout:**

Tri-Set One:

A. Deadlifts

3×10

B. Wide Grip Pulldowns

3×10

C. Cable Pulldowns

3×10

Tri-Set Two:

A. Alternating Heavy Hammer Curls

3×10 each arm

B. Alternating Dumbbell Curls

3×10

C. Zottman Curls

3×10

Tri-Set Three:

A. Bent Over Barbell Rows

3×10

B. Barbell Shrugs

3×10

C. Chin Ups

3×10

## **Suguru Geto Workout Routine: Cursed High Intensity Endurance Work**

### **Warm Up:**

- 5-10 Minute Walk

### **High Intensity Sprints:**

- Complete 30 Minutes Total
- One Minute ON: Sprint for 60 Seconds at 7-10+ MPH
- One Minute OFF: Walk for 60 Seconds at 2.5-3.5 MPH
- Rinse and Repeat Over and Over

### **Optional Alternative HIIT Training:**

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

## **Suguru Geto Workout Routine: Ex-Sorcerer Intensity Leg Day**

### **Warm Up:**

10-20 Minute Walk/Run

### **Workout:**

Tri-Set One:

A. Leg Press

3×10

B. Calf Raises on Leg Press

3×10

C. Seated Calf Raise Machine

3×10

Tri-Set Two:

A. Cable Pullthroughs

3×10

B. Bulgarian Split Squats

3×10 each leg

C. Goblet Squats

3×10

Tri-Set Three:

A. Sit Ups

3×30

B. Lying Leg Raises

3×30

C. Plank Hold

3×60 seconds

## **Suguru Geto Workout Routine: Special Grade Acrobatic Maneuverability**

### **Warm Up:**

50 Jumping Jacks

25 Butt Kicks

25 High Knees

### **Complete 5 Rounds:**

50 Jump Rope

30 Alternating Pistol Squats

50 Jump Rope

25 Decline Push Ups

50 Jump Rope



20 Dips

50 Jump Rope

15 Wall Climbs

50 Jump Rope

10 Pull Ups

**Optional Parkour Training Resources:**

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

**Suguru Geto Workout Routine: Ex-Sorcerer Intensity  
Push Day**

**Warm Up:**

10-20 Minute Walk/Run

**Workout:**

Tri-Set One:

A. Incline Dumbbell Press

3×10

B. Incline Dumbbell Chest Flyes

3×10

C. Incline Dumbbell Hex Press

3×10

Tri-Set Two:

A. Seated Dumbbell Overhead Press

3×10

B. Seated Dumbbell Front Raises

3×10

C. Standing Dumbbell Clean and Press

3×10

Tri-Set Three:

A. Cable Tricep Pushdown with Rope

3×10

B. Cable Tricep Overhead Extension with Rope

3×10

C. Cable Tricep Kickbacks

3×10

## **Suguru Geto Workout Routine: Optional Additional 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 Train After Your First 5K \(Workout Included\)](#)

### **Main MMA Training Resources**

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

### **Other MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)