

GIORNO GIOVANNA WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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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GIORNO GIOVANNA WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one we're going to be training with 3 full body days per week and 2 days devoted to either HIIT or endurance work to shred the extra fat.

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.

Giorno Giovanna Workout Routine: Sample Schedule

Monday: Gold Experience Full Body A

Tuesday: Requiem Endurance or HIIT

Wednesday: Gold Experience Full Body B

Thursday: Requiem Endurance or HIIT

Friday: Gold Experience Full Body C

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Giorno Giovanna Workout Routine: Gold Experience Full Body A

Warm Up:

15-30 Minutes of Varied Cardio

Workout:

Incline Bench Press

3×12

Seated Arnold Press

3×12

Wide Grip Cable Pulldowns

3×12

Leg Press

3×12

Preacher Curls

3×10

Tricep Cable Pushdowns

3×10

Optional Core Work:

L-Sit Hold

3×30 Seconds

Sit Ups

3×20

Lying Leg Raises

3×20

Giorno Giovanna Workout Routine: Requiem Endurance or HIIT

For your endurance or HIIT days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Work 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 Continue Training After Your First 5K \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

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

Giorno Giovanna Workout Routine: Gold Experience Full Body B

Warm Up:

15-30 Minutes of Varied Cardio

Workout:

Cable Chest Flys

3×12

Upright Rows

3×12

Dumbbell Deadlifts

3×12

Bulgarian Split Squats

3×12 each leg

Alternating DB Hammer Curls

3×10

Tricep Cable Kickbacks

3×10 each arm

Optional Core Work:

Hollow Hold

3×30 Seconds

Cable Crunches

3×20

Hanging Knee Raises with Twist

3×20

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Giorno Giovanna Workout Routine: Gold Experience Full Body C

Warm Up:

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Workout:

Weighted Dips

3×12

Standing Overhead Press

3×12

Cable Rows

3×12

Back Squats

3×12

Zottman Curls

3×10

Seated Tricep Overhead Extension

3×10

Optional Core Work:

Superman Hold

3×30 Seconds

V-Ups

3×20

Hanging Knee to Elbows

3×20

Giorno Giovanna Workout Routine: Optional Additional Training Resources

Parkour Training Resources:

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

- [The Robbie Amell Parkour Workout Routine](#)

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](#)