

GING FREECSS WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

GING FREECCS WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

To train like one of the most powerful Hunter X Hunter characters of all time we're going to be utilizing 3 days of full body, core and intensity training and then 2 days devoted to HIIT and endurance work – one of which I will be putting you to the test with a long circuit.

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.

Ging Freecss Workout Routine: Sample Schedule

Monday: Boar Full Body, Core and Intensity A

Tuesday: Hunter Circuit Test

Wednesday: Boar Full Body, Core and Intensity B

Thursday: Hunter Endurance and/or HIIT

Friday: Boar Full Body, Core and Intensity C

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Ging Freecss Workout Routine: Boar Full Body, Core and Intensity A

Warm Up:

Jog 800-1600M

Workout:

Tri-Set A:

A. Incline Dumbbell Bench Press

3×10

B. Tricep Overhead Extensions

3×10

C. Close to Wide Push Ups

3×20

Tri-Set B:

A. Wide Grip Pulldowns

3×10

B. Lateral Raises

3×10

C. Chin Ups

3×12

Tri-Set C:

A. Goblet Squats

3×12

B. Hanging Side Crunches

3×20

C. L-Sit Hold

3×30 Seconds

Ging Freecss Workout Routine: Hunter Circuit Test

Warm Up:

5 Minute Walk

25 Jumping Jacks

25 High Knees

Workout: Complete for Time

Run 1 Mile

Complete 4 Rounds

30 Sit Ups

20 Push Ups

15 Dips

10 Lunges Each Leg

5 Wall Climbs

Ging Freecss Workout Routine: Boar Full Body, Core and Intensity B

Warm Up:

Jog 800-1600M

Workout:

Tri-Set A:

A. Cable Flys

3×10

B. Cable Kickbacks

3×10 each arm

C. Diamond Push Ups

3×20

Tri-Set B:

A. Barbell Shrugs

3×10

B. Barbell Bent Over Rows

3×10

C. Pull Ups

3×12

Tri-Set C:

A. Leg Press

3×12

B. Cable Crunches

3×20

C. Superman Hold

3×30 Seconds

Ging Freecss Workout Routine: Hunter Endurance and/or HIIT

For your endurance, HIIT or MMA/Parkour 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](#)

Ging Freecss Workout Routine: Boar Full Body, Core and Intensity C

Warm Up:

Jog 800-1600M

Workout:

Tri-Set A:

A. Close Grip Bench

3×10

B. Weighted Dips (or Machine Dips)

3×10

C. Explosive Push Ups

3×20

Tri-Set B:

A. Overhead Press

3×10

B. Kettlebell Swings

3×15

C. Wide Grip Pull Ups

3×10

Tri-Set C:

A. Bulgarian Split Squat

3×10 each leg

B. Sit Ups

3×20

C. Hollow Hold

3×30 Seconds

Ging Freecss 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](#)