

GOWTHER WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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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GOWTHER WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

To unlock the Gowther aesthetic we'll be training with 3 days a week of calisthenics training and 2 days a week of endurance and HIIT training (primarily endurance work, unless swapped to your preference). This will allow us to tone up and get strong while shredding down fat and becoming lean in the process!

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.

Gowther Workout Routine: Sample Schedule

Monday: Lust Calisthenics Training A

Tuesday: Ten Commandments Endurance or HIIT

Wednesday: Lust Calisthenics Training B

Thursday: Ten Commandments Endurance or HIIT

Friday: Lust Calisthenics Training C

Saturday: Rest or Optional Additional Work

Sunday: Rest Day

Gowther Workout Routine: Lust Calisthenics Training A

Warm Up:

10 Minute Walk/Jog

Workout:

Superman Hold

3×30 Seconds

Air Squats

3×20

Wide Push Ups

3×20

Dips

3×12

Pull Ups

3×8-10

Core Work:

Crunches

3×30

Flutter Kicks

3×50

Gowther Workout Routine: Ten Commandments Endurance 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](#)

Gowther Workout Routine: Lust Calisthenics Training B

Warm Up:

10 Minute Walk/Jog

Workout:

L-Sit Hold

3×30 Seconds

Glute Bridges

3×20

Explosive Push Ups

3×20

Skullcrushers

3×12

Wide Grip Pull Ups

3×8-10

Core Work:

Sit Ups

3×20

Lying Leg Raises

3×20

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- Bike

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Gowther Workout Routine: Lust Calisthenics Training B

Warm Up:

10 Minute Walk/Jog

Workout:

Hollow Hold

3×30 Seconds

Lunges

3×20 (total)

Close (or Diamond) Push Ups

3×20

Plank to Push Ups

3×12

Chin Ups

3×8-10

Core Work:

V-Ups

3×20

Lying Leg Raises with Hip Thrust

3×20

Gowther 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](#)