

GOGETA 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.

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GOGETA WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We have 5+ days of training utilizing weight training, intensity and some extra cardio and endurance attached to it. On top of that I also built a Gogeta Saiyan Circuit Test for you to come back to every few weeks to see how your strength and endurance has improved.

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.

Gogeta Workout Routine: Sample Workout Schedule

Monday: Fusion Chest and Core

Tuesday: Fusion Legs and Calves

Wednesday: Fusion Biceps and Triceps

Thursday: Fusion Shoulders and Traps

Friday: Fusion Back and Core

Saturday: Gogeta Saiyan Circuit Test (Re-test Every Few Weeks)

Sunday: Rest Day

Gogeta Workout Routine: Fusion Chest and Core

Warm Up:

10 Minute Incline Walk

Chest Workout:

Barbell Bench Press

4×12, 10, 8, 5

Weighted Dips

4×5

Decline Cable Flyes

3×10

Tri-Set Finisher:

A. Incline Dumbbell Chest Press

3×10

B. Incline Dumbbell Flys

3×10

C. Incline Dumbbell Hex Press

3×10

Core Workout:

Cable Crunches

4×25

Hanging Knee Raises

4×25

Weighted Planks

4×60 Seconds

Optional Cardio/Endurance Work:

Complete 15-60 Minutes of Varied Cardio Utilizing the Endurance Resources Provided Below

Gogeta Workout Routine: Fusion Legs and Calves

Warm Up:

10 Minute Incline Walk

Legs and Calves Workout:

Leg Press

4×12, 10, 8, 5

Calf Raises on Leg Press

4×15

Hamstring Kickbacks

3×10

Quad Extensions

3×10

Tri-Set Finisher:

A. Weighted Lunges

3×10

B. Goblet Squats with Kettlebell

3×10

C. Cable Pullthroughs

3×10

Optional Cardio/Endurance Work:

Complete 15-60 Minutes of Varied Cardio Utilizing the Endurance Resources Provided Below

Gogeta Workout Routine: Fusion Biceps and Triceps

Warm Up:

10 Minute Incline Walk

Biceps and Triceps Workout:

Preacher Curls

4×12, 10, 8, 5 each arm

Tricep Overhead Extensions

4×12, 10, 8, 5

Concentration Curls

3×10 each arm

Tricep Cable Kickbacks

3×10 each arm

Tri-Set Finisher:

A. EZ Bar Curls

3×10

B. Cable Pushdowns

3×10

C. Wide to Close Push Ups

3×20

Optional Cardio/Endurance Work:

Complete 15-60 Minutes of Varied Cardio Utilizing the Endurance Resources Provided Below

Gogeta Workout Routine: Fusion Shoulders and Traps

Warm Up:

10 Minute Incline Walk

Shoulders and Traps Workout:

Overhead Press

4×12, 10, 8, 5

Barbell Shrugs

4×15

Hang Cleans

3×10

Dumbbell Curl to Press

3×10

Tri-Set Finisher:

A. Kettlebell Swings

3×10

B. Shoulder DB Front Raise

3×10

C. Lateral Raises

3×15

Optional Cardio/Endurance Work:

Complete 15-60 Minutes of Varied Cardio Utilizing the Endurance Resources Provided Below

Gogeta Workout Routine: Fusion Back and Core

Warm Up:

10 Minute Incline Walk

Back Workout:

Deadlift

4×12, 10, 8, 5

Chin Ups

4×10

Reverse Cable Flys

3×10

Tri-Set Finisher:

A. Bent Over Rows

3×10

B. Wide Grip Cable Pulldowns

3×10

C. Wide Grip Straight Arm Pulldown

3×10

Core Workout:

Weighted Sit Ups

4×25

Hanging Leg Raises

4×25

Weighted Side Planks

4×30 Seconds each side

Optional Cardio/Endurance Work:

Complete 15-60 Minutes of Varied Cardio Utilizing the Endurance Resources Provided Below

Gogeta Workout Routine: Gogeta Saiyan Circuit Test

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)

Gogeta Saiyan Circuit Test: Complete 4 Rounds for Time

800M Run

25 Kettlebell Swings

20 Double Unders

15 Dumbbell Deadlifts

10 Dips

5 Curl to Press

Gogeta Workout Routine: Endurance and Intensity Training Resources

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](#)

- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Gogeta Workout Routine: Optional Additional Training Resources

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](#)

Parkour Training Resources:

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