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Goku Workout Routine - Superhero JackedTraining Volume: 6 Days Per Week Explanation: We're Going To Have 4 Days Of Typical Weight Lifting And Then 2 Days Made Up Of Calisthenics And Cardio. Day One: Goku Chest And Triceps Warm Up: Stretch Jog 800m Workout: Bench Press 4×12 Feb 13th, 2024Mikasa Ackerman Workout - Superhero JackedTraining Volume: 5+ Days Per Week Explanation: Generally I'll Program 3-5 Days Per Week With The Bonus Activity Days Being Optional – But If You're Looking To Train Like A Soldier (especially One Like Mikasa), You're Going To Want To Step It Up A Notch! For This One We're Going To Train Like A Soldier. So Get Ready. Day One: Cardio And Feb 2th, 2024Vegeta Workout Routine - Superhero JackedWorkout Routine: Training Volume: 6 Days Per Week Explanation: We're Going To Have 4 Days Of Typical Weight Lifting And Then 2 Days Made Up Of Calisthenics And Cardio. Day One: Vegeta Chest And Triceps Warm Up: Stretch Jog 800m Wor Jan 4th, 2024.

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