

# KAKAROT TO GOKU

## SHJ WORKOUT PATH



# WHAT IS THIS PROGRAM? WHAT ARE WE TRYING TO ACCOMPLISH?

On the next slide I will be giving you a super-quick (I say that because if you read through the entire Wiki bios that are out there, they're LONG) Goku biography (for those of you ultra-fans I'm sure you could have probably written an even better bio, but I felt this covers what we need for the sake of this programming).

Goku, whose real name is Kakarot, has gone through countless transformations.

**For this program we will be taking up the mantle and beginning to train as Kid Goku.**

**Then we will progress to training to become Super Saiyan GOD!**

*In levels...of course...*

Different than The Robin to Nightwing Mega Path, The Kakarot to Goku becomes extremely intense when you make your way to Goku's training, and even starts fairly difficult even in the beginner stage.

The Goku Workout (advanced version) has extreme volume of training and can be scaled if necessary while still achieving incredible results.

# QUICK WIKI GOKU BACKGROUND BIO

Goku (孫そん悟ご空こう Son Gokū), born Kakarot (カカロット Kakarotto, lit. "Cacarrot"), is the main protagonist of the Dragon Ball metaseries. Goku is a Saiyan originally sent to Earth as an infant. However, an accident alters his memory, allowing him to grow up to become Earth's greatest defender and the informal leader of the Dragon Team. He constantly strives and trains to be the greatest warrior possible, which has kept the Earth and the universe safe from destruction many times.

As a Saiyan, Goku possesses all the powers inherent to his race. He is superhumanly strong and durable, and possesses enhanced speed and reflexes. He can undergo Saiyan transformations that multiply his power greatly, the first by 50, second by 100, and the third transformation Goku's power is increased by 4x Super Saiyan 2 giving him a multiplier of 400 and the anime only transformation Super Saiyan 4 multiplies his power by an unknown amount, but it is greater than Super Saiyan 3's multiplier. Goku has been known to take every possible advanced Saiyan form unlike Vegeta and Gohan who only reached Super Saiyan 2. However, it is speculated that since Gotenks reached Super Saiyan 3, Goten and Trunks both acquired the form, but for now they cannot handle the strain of the form, being very young.

Goku can generate energy blasts from an inner energy called ki, notably in the form of the Kamehameha Wave. He can teleport anywhere he wants instantly via Instant Transmission. He is capable of unaided flight, and was capable of aided flight through the use of a small flying cloud called the Flying Nimbus only those with pure hearts can ride the cloud. He is capable of transforming into a Great Ape when he is looking at the moon and possesses his tail. However Goku lost his tail in Dragon Ball. Every time Goku revives from a serious injury or intense battle, he gets more powerful. Goku is incredibly powerful.

Goku can endure taking a planet destroying Ki blast as seen when he was battling Frieza. In DragonBall Z, we also see Trunks take a Supernova attack from Mecha Freiza as a Super Saiyan, lifting it with one hand and throwing it away, so we can assume Goku is just as capable, since he is more powerful than Trunks.

Goku is displayed as being able to lift/carry at least 160 tons without transforming, although the limit may be higher. Goku has also been seen training with 10 tons on each arm and leg, while kicking and punching at super-speed, while in his Super Saiyan form. Since he was in "afterworld" training with King Kai at the time, he was also under 10x earth gravity, making the effective training weights equal 100 tons on each arm and leg, 400 tons in total. Without using his chi-boosting ability, Goku can lift/press more than 200 tons with minimal effort. In his Super Saiyan 1 form, he is at least capable of lifting/pressing at least 10,000 tons. At the end of Dragon Ball GT, Goku achieves the final Super Saiyan form the Super Saiyan 4 and can lift over 1,600,000 tons ,and the upper limits of his strength capacity are unknown.

# THE KID GOKU WORKOUT [BEGINNER]

**The first thing we want to do is train like Kid Goku.**

For a child Goku was incredibly strong - so by no means is this for children - but rather adult beginners looking to train at a moderately high intensity before really stepping it up a notch.

## THE KID GOKU WORKOUT TRAINING SCHEDULE:

**Monday:** Calisthenics and 20 Minutes of HIIT

**Tuesday:** Full Body and Blowout

**Wednesday:** Calisthenics and 20 Minutes of HIIT

**Thursday:** Full Body and Blowout

**Friday:** Calisthenics and 20 Minutes of HIIT

**Saturday:** Active Off Day

**Sunday:** Off Day



*\*\*This schedule can be modified to take place on five different days of the week depending on individual scheduling.\*\**

# THE KID GOKU WORKOUT

## FULL BODY TRAINING



On your full body training days you'll have the same workout (for the most part) but your blowout will change and some variations of movements. Take a look at your variation changes and blowouts below.

Complete 3 Sets for 8-12 reps each (Pyramid Style is Preferred)

### FULL BODY & BLOWOUT VARIATION ONE

Incline Bench Press  
Arnold Press  
Leg Press  
Bent Over Rows  
Tricep Cable Pushdowns  
Preacher Curls  
Sit Ups  
Lying Leg Raises

#### **BLOWOUT:**

21-15-9  
Deadlifts  
Box Jumps

### FULL BODY & BLOWOUT VARIATION TWO

Incline Bench Press  
Arnold Press  
Leg Press  
Bent Over Rows  
Tricep Cable Pushdowns  
Preacher Curls  
Sit Ups  
Lying Leg Raises

#### **BLOWOUT:**

21-15-9  
Thrusters  
Pull Ups

*The blowouts are three rounds with descending rep scheme. First complete each movement 21 reps, then 15 each, then 9 each.*

# THE KID GOKU WORKOUT

## CALISTHENICS AND HIIT

We're keeping this one super simple being that we're pairing our calisthenics with HIIT (and this is the "beginner" variation).

### **Pull Ups**

5x10

*(If you can't get 10 make sure to complete a total of 50)*

### **Air Squats**

5x20

*(Make sure to complete 100)*

### **Dips**

5x20

*(Make sure to complete 100)*

### **Push Ups**

5x30

*(Make sure to complete 150)*



# THE GOKU WORKOUT: HIIT EXPLANATION



This is going to be your explanation for High Intensity Interval Training. The difference is your actual training level. The instructions for sprints and walks is the same, but it will vary depending on the type of intensity you can actually handle.

## KAKAROT TO GOKU HIGH INTENSITY INTERVAL TRAINING

For our interval training we're going to be running (and it's generally easier to utilize the treadmill for tracking reasons).

We will structure it as such:

### **30 Seconds ON means One Minute SPRINTING**

While I sometimes give you speeds to reference when I say "ON" or "OFF", for this one I'm requesting a SPRINT. That means I want you to push as if you're shooting for 100% intensity.

*That's why we are doing 30 seconds as opposed to a full minute.*

### **90 Seconds OFF means One Minute WALKING**

This one is still pretty simple. I just want to make it clear that OFF doesn't mean stop. I generally want you to stay around 2.5-3.5 MPH on the treadmill.



# THE GOKU WORKOUT [ADVANCED]

**We're stepping it up a notch.**

This one can be paired with different styles of pyramid training on top of the circuits and supersets to really progress to Super Saiyan GOD!

## THE GOKU WORKOUT TRAINING SCHEDULE:

**Monday:** Push Day, 45 Min of HIIT and Blowout

**Tuesday:** Calisthenics, 5k Run and Core

**Wednesday:** Pull Day, 45 Min of HIIT and Blowout

**Thursday:** Calisthenics, 5k Run and Core

**Friday:** Leg Day, 45 Min of HIIT and Blowout

**Saturday:** Calisthenics, 5k Run and Core

**Sunday:** Off Day



*\*\*This schedule can be modified to take place on six different days of the week depending on individual scheduling.\*\**



# THE GOKU WORKOUT CALISTHENICS AND CORE



Similar to our Kid Goku calisthenics day we are pairing our Goku calisthenics training day with some cardio, and we will also be adding in core training as well.

Different to the Kid Goku training, you will be asked to perform a 5k run on each of your calisthenics days, but this can be broken down into a walk/run/sprint cycle or even turned into HIIT.

**COMPLETE ALL REPS IN WHICHEVER SET/REP SCHEME YOU PREFER:**

**MAIN SETS:**

**100 Pulls Ups**

**100 Dips**

**200 Push Ups**

**200 Air Squats**

**CORE:**

**100 Leg Raises Variations**

**100 Sit Up/Crunch Variations**

**5x60 Second Forearm Plank Holds**

*Variations include hanging leg raises, lying leg raises, hanging knee raises with a twist, sit ups, v-ups, machine crunches, and cable crunches.*

# THE GOKU WORKOUT

## PUSH DAY AND BLOWOUT

### TRISSET ONE:

- Incline Dumbbell Press
  - 3x10
- Incline DB Hex Press
  - 3x10
- Standing Incline DB Flyes
  - 3x10

### TRISSET TWO

- Seated Arnold Press
  - 3x10
- Upright Rows
  - 3x10
- Front Raises
  - 3x10

### TRISSET THREE:

- Reverse Grip Tricep Pushdown
  - 3x10
- Tricep Overhead Ext. w/ Cable
  - 3x10
- Cable Kickbacks
  - 3x10

### BLOWOUT CIRCUIT

Complete 3 Rounds for Time -  
Each Movement 10 Reps  
(*Snatches 10 each arm*)

- Kettlebell Swings
- One Arm DB Snatch
- Pull Ups
- Dips



# THE GOKU WORKOUT

## PULL DAY AND BLOWOUT



### TRISSET ONE:

- Deadlift Variation
  - 3x10
- Bent Over Rows
  - 3x10
- Wide Push Ups
  - 3x10

### TRISSET TWO

- Cable Bicep Curls
  - 3x10
- Cable Hammer Curls w/  
Rope
  - 3x10
- Light EZ Bar Bicep Curl  
Blowout
  - 3xFailure

### TRISSET THREE:

- Lateral Pulldowns
  - 3x10
- Lateral Side Raises w/  
Cable or DBs
  - 3x10
- Face Pulls
  - 3x10

### BLOWOUT CIRCUIT

Complete 3 Rounds for Time -  
Each Movement 10 Reps (*DL 10  
each arm*)

- Single Arm KB Deadlift
- Farmers Carry
- Chin Ups
- Burpees

# THE GOKU WORKOUT

## LEG DAY AND BLOWOUT

### TRISSET ONE:

- Squat Variation
  - 3x10
- Straight Leg KB Deadlift
  - 3x10
- Jumping Lunges
  - 3x10 each leg

### TRISSET TWO

- Leg Press
  - 3x10
- Calf Raises on Leg Press
  - 3x10
- Standing Calf Raises w/  
Dumbbells in Hand
  - 3x10

### TRISSET THREE:

- Quad/Leg Extension
  - 3x10
- Glute Bridges on Leg  
Extension Machine
  - 3x10
- Hamstring Kickbacks or  
Curls
  - 3x10

### BLOWOUT CIRCUIT

Complete 3 Rounds for Time -  
Each Movement 10 Reps (*Pistols*  
*10 each leg*)

- Jump Squats
- Tire Flips
- Pistol Squats
- Mountain Climbers





# THE GOKU WORKOUT

## TRISSETS, CIRCUITS AND TRAINING NOTES



### TRISSETS

During your trisets you will be taking a break between each rounds, but not between each individual set. You do the first workout and move onto the following without a break and then do it again until all three movements are complete one time through; and then you break before repeating for a total of three sets.

### CIRCUITS

During your circuits you will not be breaking for the entire duration of the circuit, and all of it's rounds; unless you absolutely have to.

### PYRAMID TRAINING

During your trisets the listed rep scheme is 10 reps, but you are welcome to complete in a range from 8-12 depending on your weight increase throughout your workout.

You should shoot for 10 each set but still increase weight in a Pyramid Training Style (video in The Academy and YouTube if you don't know this style).