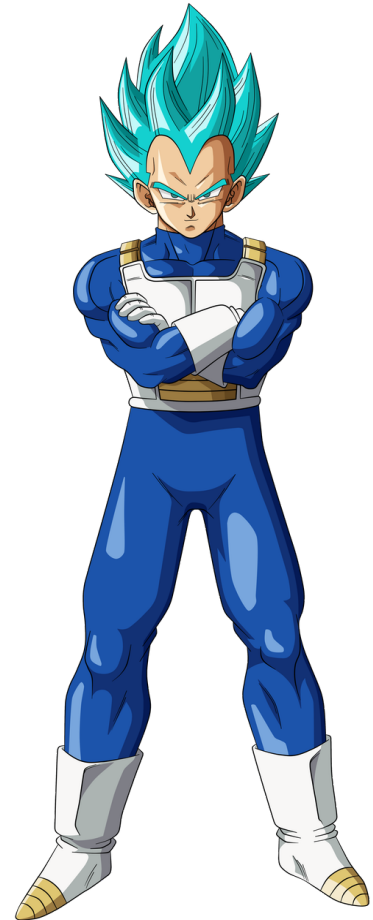


The Vegeta Workout

Vegeta is undoubtedly a badass. One of the strongest warriors in the universe, on par with the likes of Goku, Majin Buu, and even Beerus the Destroyer, Vegeta owes his strength primarily to his indomitable pride and incredible work ethic. The dude lives and breathes training, literally. In designing his workout, I wanted to follow something similar to Goku's workout, but different in the sense that Vegeta is a bit leaner and a bit meaner. He's more prone to overpowering energy blasts, athletic displays, and ridiculous feats of strength. As such, his workout features more supersets (to train more towards the athletic end of the spectrum,) more sets and reps overall (to build higher endurance and work capacity, AKA "ki,") and a more whole-body focus. We also favor weighted bodyweight exercises more, to simulate Vegeta's penchant for training in increased gravity.



Equipment Needed:

[Power Rack](#)

[Bench](#)

[Barbell and Weights](#)

[Pull Up Bar](#)

[Weighted Vest](#)

[Resistance Bands](#)

Strength:

Style:

Station – Perform all sets of an exercise before moving on to the next exercise. Rest 1-3 minutes between sets.

Saiyan Strength A:

5x5 Back Squat (start with bodyweight squats if necessary) SUPERSET

5x5 Box Jumps

4x8 Bench Press SUPERSET

4x8 Barbell Row

4x8-12 Reverse Barbell Lunges SUPERSET

4x8-12 Barbell Hip Thrusts
4x8-12 Weighted Decline Push Ups (heels elevated to shoulder level) SUPERSET
4x8-12 Weighted Ring Rows

Saiyan Strength B:

5x5 Deadlift SUPERSET
5x10 Hanging Knee/Leg Raises (hold a weight between your feet when these get easy)
4x8 Overhead Barbell Press SUPERSET
4x8 Weighted Neutral Grip Pull Ups
4x8-12 Barbell Z Press SUPERSET
4x8-12 Resistance Band Face Pulls
4x8-12 Resistance Band Wood Choppers SUPERSET
4x8-12 Front Delt Raises (hold a barbell or weight plate)

Strength Notes:

Supersets! Supersets everywhere! These allow us to get twice the work in in the same amount of time as single sets. The tradeoff, however, is that you probably will be working with slightly lighter loads. That's okay, we're going for a mix of strength, mass, *and* athleticism, so the ability to chain compound strength movements together actually really helps our goals. Vegeta also favors a lot of athletic movements and acrobatic crosstraining, so we're mixing some of that in as well in the form of explosive movements (box jumps, etc.) Finally, we all know Vegeta's penchant for gravity chamber training. Since you probably don't have a gravity chamber in your backyard (and if you do, can I come over?) we're going to be substituting a good number of bodyweight exercises with extra weight added on.

With all exercises, start with just your bodyweight if you need to, and add weight as necessary. Look to add 5 pounds to your main lifts (squat, bench, deadlift, press) every week or two, and five pounds to your accessory lifts every three or four weeks. Gradual increase is the way to go, don't injure yourself by trying to jump the weight up too quickly!

Cardio:

Saiyan Cardio A:

30 minute Run
4x20:10 Sprints (20 seconds sprinting, 10 seconds rest, repeat 4 times)

Saiyan Cardio B:

5xCircuit:
30 second Side-Side Line Jumps
30 second Front-Back Line Jumps
1 minute Shadow Boxing or Heavy Bag Drills
Rest 30 seconds

Cardio Notes:

Vegeta's cardio is, again, similar to Goku's, however he favors shorter, anaerobic drills over more long steady-state cardio. Again, Vegeta doesn't like to fight across forty episodes, he'd rather put everything he has into one momentous effort (or a "Final Flash," if you will.) This will still build solid conditioning for any kind of combat training, though, and you'll notice a lot of similarities to an MMA fighter's conditioning routine.

Schedule:

Day 1: Strength A

Day 2: Cardio A

Day 3: Strength B

Day 4: Cardio B

Day 5: Strength A

Day 6: Strength B

Day 7: Rest

Our schedule is pretty straightforward, but it is also VERY WORK HEAVY. What I mean by this is since you only have one rest day, and your workouts are full of supersets, you're going to be doing a TON of work. Feel free to go a bit lighter on your second Strength A and Strength B workouts because of it, you *don't* want to overtax your body, you don't have Saiyan biology to pull you through! Like it or not, we're humans, and we need to train as such!

The Android 18 Workout

Android 18 is a formidable force in the Dragonball universe. The first time we see her in action, she breaks *both* Vegeta's arms, beating the Super Saiyan right out of him. As if that raw display of power weren't enough, she also has added advantages of her android makeup - namely, potentially limitless energy and stamina. This stamina and endurance goes *far* beyond that of even a Saiyan, enabling her and her brother to rival Saiyans on speed and strength, but actually *surpass* them in staying power. We'll be tailoring our workout to reflect these advantages.

Equipment Needed:

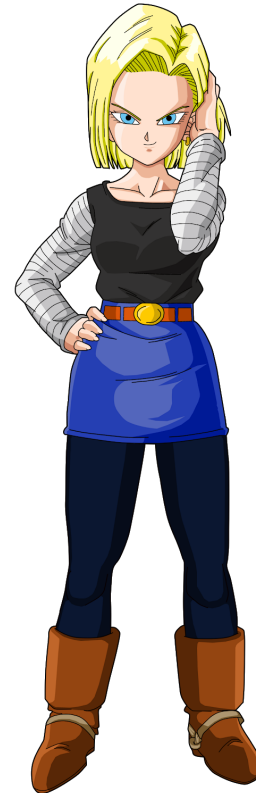
[Power Rack](#)

[Bench](#)

[Barbell and Weights](#)

[Pull Up Bar](#)

[Gymnastics Rings](#)



Strength:

Style:

Station – Perform all sets of an exercise before moving on to the next exercise. Rest 1-3 minutes between sets.

Android Strength A:

5x3-5 Back Squats

5x5 Bench Press SUPERSET

5x5 Barbell Rows

5xCircuit:

10-50 Incline Push Ups

10-50 Ring Rows

10 Box Jumps (increase height on these to increase difficulty)

10-50 Hanging Knee Raises/Leg Raises/Toes-To-Bar

30-60 second Rest

Android Strength B:

5x3-5 Deadlift

5x5 Overhead Press SUPERSET

5x5 Weighted Pull Ups (start with normal, chair, or band assisted as necessary)

5xCircuit:

10-20 Overhead Dumbbell Press

5-30 Chin Ups

5-50 Decline Push Ups

10-20 Bulgarian Split Squats

30-90 second Planks

30-60 second Rest

Strength Notes:

Each workout starts with three power movements designed to build raw strength. Do these as heavy as you can, and keep the reps low. If you can do 5x5 of any of those first three exercises, it's time to up the weight on that exercise. After that, we move into mostly bodyweight based circuits. You can see a WIDE variance of repetitions for most of the exercises here, that's because we increase difficulty on these by adding more reps, rather than more weight (for the most part.) Remember, an Android fighter's defining characteristic is her limitless reserve of energy! That's what these circuits are designed to do!

Cardio:

Equipment Needed:

[Jump Rope](#)

Android Cardio A:

30-60 minute Walk/Run

Android Cardio B:

5xCircuit

1-5 minutes Jump Rope

1-5 minutes Bag Work or Shadow Boxing

20 second sprint

30-60 seconds Rest

Cardio Notes:

Again, our goal here is primarily limitless energy. Our first cardio workout is to develop cardiovascular capacity. Once you're running for the full 60 minutes, start working on running *faster* so you go further in that 60 minutes. For the circuit workout, you're going to start with the minimal recommended time for each exercise and the maximum rest. As you get in better shape, start adding more time to your jump rope and bag work, and decreasing your rest time

between rounds. Your sprints will always be 20 seconds long, just make sure you're always sprinting as fast as you can.

Schedule:

Day 1: Strength A

Day 2: Cardio A

Day 3: Strength B

Day 4: Cardio B

Day 5: Strength A

Day 6: Strength B

Day 7: Rest

We're running the same schedule as the Vegeta workout here, and so it comes with the same cautions: There's a LARGE amount of work, here. Take it a little easier on day five and six if you feel like you need it. Take time, and gradually increase your work capacity as you are able.

That's it for both the Vegeta and Android 18 workouts! I hope you enjoyed them. Also, thanks for joining the Be a Game Character email list! We'll keep you up-to-date with workouts, blog posts, new videos, and more subscriber-exclusive goodies (like these workouts!)

Live boldly, change the world, and continue to be awesome!

[The Best Dan Wallace](#)