

TMNT

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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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 insure 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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Teenage Mutant Ninja Turtle Workout Routine

Training Volume:

5+ days per week

Explanation:

I'm going to program you 3 days of weightlifting combined with 2 days of agility training and gymnastics to go with it. You'll be expected to devote more time towards mixed martial arts training and parkour, which I will also include links for.

Day One: Pull and Sprints

Warm Up:

Stretch

20-30 minutes of sprints:

Walk 90 seconds on 2.5-3.5 mph

Spring 30 seconds on 6-10 mph

Workout:

Deadlift

3×5 working sets (warm up to 80-90% then do your 3×5)

Bent Over Rows (DB or BB)

4×12

Preacher Curls

4×12

Wide Grip Pull Ups

4×12

Dumbbell Hammer Curls

4×12 each arm

Face Pulls

4×12

Day Two: Calisthenics and Agility

Warm Up:

Stretch

Foam Roll

Calisthenics:

5×10 Pull Ups

5×10 Plank to Push Ups

5×15 Dips

5×15 Sit Ups

5×15 Air Squats

5×20 Push Ups

5×20 Lunges (10 each leg)

Agility Training:

3 Rounds for Time:

100 Jump Ropes

10 One Arm Dumbbell Snatches Each Arm

15 Box Jumps

10 Kettlebell Swings

60 seconds of battle ropes

Day Three: Push and Sprints

Warm Up:

Stretch

20-30 minutes of sprints:

Walk 90 seconds on 2.5-3.5 mph

Spring 30 seconds on 6-10 mph

Workout:

Bench Press

3×5 working sets (warm up to 80-90% then do your 3×5)

Dumbbell Chest Flys

4×12

Overhead DB Tricep Extension

4×12

Incline Press (Hammer/DB/BB)

4×12

Cable Kickbacks

4×12 each arm

Weighted Dips (or Machine)

4×12

Day Four: Calisthenics and Agility

Warm Up:

Stretch

Foam Roll

Calisthenics:

5×10 Pull Ups

5×10 Plank to Push Ups

5×15 Dips

5×15 Sit Ups

5×15 Air Squats

5×20 Push Ups

5×20 Lunges (10 each leg)

Agility Training:

5 Rounds for Time:

10 Double Unders

50 ft Heavy Farmers Carry

10 Power Cleans

50 ft Light Weighted Lunges

Day Five: Legs and Sprints

Warm Up:

Stretch

20-30 minutes of sprints:

Walk 90 seconds on 2.5-3.5 mph

Spring 30 seconds on 6-10 mph

Workout:

Back Squats

3×5 working sets (warm up to 80-90% then do your 3×5)

Leg Press

4×12

Hamstring Curls

4×12

Leg Extension

4×12

Weighted Lunges

4×12 each arm

Glute Bridges

4×12

Bonus Training: Activity, Parkour and MMA

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!