

APRIL O'NEIL WORKOUT ROUTINE



Bonus PDF File
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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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APRIL O'NEIL WORKOUT ROUTINE

Training Volume:

4-5+ days per week

Explanation:

For this one I'm going to be giving you two sets of upper and lower body training days. You can just use group A to train twice a week and follow it up with group B the following week, OR you can do a four day split and utilize all four days each week. I will also be adding in some mixed martial arts training from Coach Derek and some parkour from Felix and I for you to really turn into April O'Neil if you truly desire!

April O'Neil Workout: Upper Body Split A

Warm Up:

Jog for 10 Minutes

Workout:

Arnold Press

3×10

Tricep Cable Kickbacks

3×10

Incline Press (DB or BB)

3×10

Bent Over Dumbbell Rows

3×10

Kettlebell Swings

3×10

Bicep Curls

3×10

April O'Neil Workout: Lower Body Split A

Warm Up:

Jog for 10 Minutes

Workout:

Back Squat

3×10

Hamstring Curls

3×10

Leg Extension

3×10

Seated Calf Raises

3×10

Cable Crunches

3×10

Lying Leg Raises

3×10

April O'Neil Workout: Upper Body Split B

Warm Up:

Jog for 10 Minutes

Workout:

Seated DB Shoulder Front Raises

3×10

Tricep Cable Pushdowns

3×10

Chest Flyes (Machine or DB)

3×10

Lateral Pulldowns

3×10

Dumbbell Thrusters

3×10

Hammer Curls

3×10

April O'Neil Workout: Lower Body Split B

Warm Up:

Jog for 10 Minutes

Workout:

Leg Press

3×10

Leg Press Calf Raises

3×10

Hamstring Kickbacks

3×10

Dip Machine Leg Pushdown

3×10

Sit Ups

3×10

Hanging Leg Raises

3×10

April O'Neil Workout: Mixed Martial Arts and Parkour:

If you want to step your game up and start training with mixed martial arts, these are some of the programs Coach Derek has created for us outside of [The Academy](#) to do so.

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

For some Thai Boxing fun check out [Anna Diop's](#) routine.

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