

# SPLINTER

# WORKOUT ROUTINE



Bonus PDF File  
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# SPLINTER WORKOUT ROUTINE

## Training Volume:

6 days per week

## Explanation:

For this one we're going to be training like Coach Derek. Coach Derek is to us what Splinter is to The Teenage Mutant Ninja Turtles; so it only makes sense that we have a workout that revolves around the training protocols that he has shared with us.

## Added Information:

The only addition to this training protocol that I will be adding is some extra meditation and yoga (which we've seen Splinter practice enough to know it should be added).

## Coach Derek's 10 Minute Or Less Training

Coach Derek often throws in some of the 10 minute or less circuits that he has programmed for us. Sometimes he'll do one or two of these in the morning; sometimes that takes place after a jog or some shadowboxing; and sometimes he is quick and off to work and gets back to some extra training later on in the day.

For this reason I'll be sharing [the link that takes you to ALL of our 10 minutes or less programs](#) for you to add in like our Coach.

## Coach Derek's Mixed Martial Arts Programs

So unless you've been living under a rock, you've likely seen us show off Coach Derek's MMA programs that we have here on the site.

He has programmed a handful of character workouts, and also helped create celebrity programs better as well.

That's all on top of the programs he has created for us within The Academy, which I will also list below.

**Coach Derek Character workouts:**

[Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

**Coach Derek's Celeb workout additions:**

[Anna Diop](#) and [Frank Grillo](#) (one of Coach Derek's favorite celebs; and he would DEFINITELY recommend watching FIGHTWORLD on Netflix).

*I'm curious if he's watched the new Point Blank with Frank Grillo that just came out on Netflix...*

**Coach Derek's [Academy](#) Paths:**

Fighter's Path and Fight Camp Path

Coach Derek's Article:

Coach Derek has also written us guides and articles on [Proper Striking](#), [Grappling](#), [Shadow Boxing & Jumping Rope](#), and more!

Make sure to utilize these bonus additions in your training.

## **Splinter Additional Yoga and Meditation**

Splinter is shown meditating in TMNT pretty often.

For that reason we're going to step it up a notch and add additional yoga and meditation on top of Coach Derek's training protocol.

You can use resources like [The Academy](#), YouTube, or, as Coach Derek would likely tell you is your best bet, a local gym (for both MMA and yoga).