

FRANCIS NGANNOU CORE WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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 ensure 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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Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

Upgrade This Workout:

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & traditional pyramid training, straight sets, super sets, progressive overload and more.

Francis Ngannou Workout

This workout is shared by Francis Ngannou on his personal YouTube Channel #FitnessWithFrancis.

Francis Ngannou Ab Workout:

COMPLETE FIVE ROUNDS:

45 seconds work, 15 seconds rest

NO rest in between rounds

Ab Roller

Alternating toe-touch leg raises

Speed Boat Crunches

Windshield Wipers

Feet Spread with legs elevated