

# TARON EGERTON

## WORKOUT ROUTINE



**BONUS PDF FILE**

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# Taron Egerton Workout Routine

## **Training Volume:**

3-5 days per week

## **Explanation:**

You heard the man. Egerton is training daily when he's on very limited schedules, but thankfully we're not on a 3 week limit, and we're training to get his physique for the long haul. That being said, I'm going to program you 3 days a week, and give the option for another 2 to be implemented like Taron would.

## Day One: Conditioning, Combat, Circuit

### **Warm Up:**

Stretch

Jog 1600m

### **Workout:**

Bench Press

3×10

Dips

3×10

Front Squats

3×10

Clean and Press

3×10

**Circuit:**

3 Rounds:

3 Minute Boxing (Heavy Bag or Shadow)

3 Minutes Core Work:

1 Minute Sit Ups, 1 Minute V-Ups, 1 Minute Plank Hold

3 Minutes on Bike or Treadmill

# Day Two: MMA, Activity, Pilates, etc.

Both Egerton and his coach mentioned both the use of MMA, Gymnastics, and Pilates in his training.

That being said, this day is implemented as an option for you to take advantage of one of the three.

You can utilize Coach Derek and [The Fighter's Path](#) for MMA, or even [The Nightwing Path](#) for Gymnastics – or you could get out there and get involved in an outside class.

If none of these are an option, fitting in the circuit for another day, and implementing training here always works as well.

# Day Three: Conditioning, Combat, Circuit

## **Warm Up:**

Stretch

Jog 1600m

## **Workout:**

Military Press

3×10

Pull Ups

3×10

Back Squats

3×10

Power Cleans

3×10

**Circuit:**

3 Rounds:

3 Minute Boxing (Heavy Bag or Shadow)

3 Minutes Core Work:

1 Minute Sit Ups, 1 Minute V-Ups, 1 Minute Plank Hold

3 Minutes on Bike or Treadmill

# Day Four: MMA, Activity, Pilates, etc.

Both Egerton and his coach mentioned both the use of MMA, Gymnastics, and Pilates in his training.

That being said, this day is implemented as an option for you to take advantage of one of the three.

You can utilize Coach Derek and [The Fighter's Path](#) for MMA, or even [The Nightwing Path](#) for Gymnastics – or you could get out there and get involved in an outside class.

If none of these are an option, fitting in the circuit for another day, and implementing training here always works as well.

# Day Five: Conditioning, Combat, Circuit

## **Warm Up:**

Stretch

Jog 1600m

## **Workout:**

Deadlifts

3×10

Push Ups

3×10

Leg Press

3×10

Thrusters

3×10

**Circuit:**

3 Rounds:

3 Minute Boxing (Heavy Bag or Shadow)

3 Minutes Core Work:

1 Minute Sit Ups, 1 Minute V-Ups, 1 Minute Plank Hold

3 Minutes on Bike or Treadmill