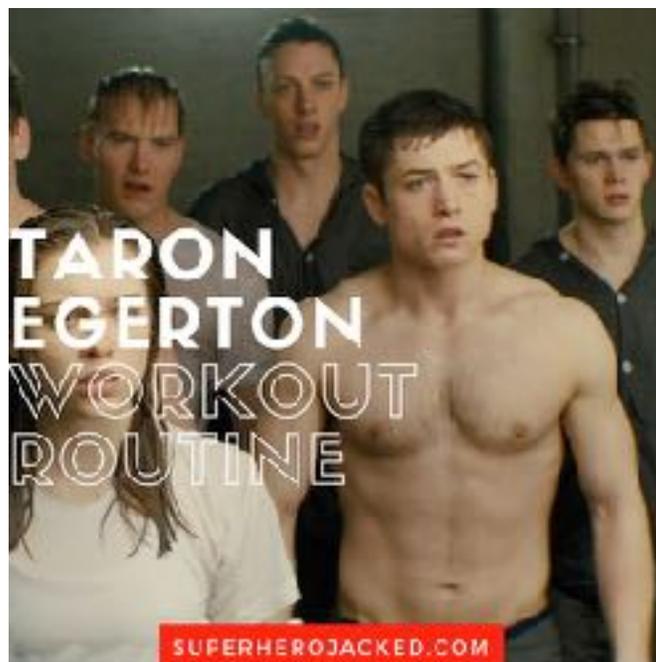


TARON EGERTON

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 insure the tips given in this course are appropriate for your individual circumstances.

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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