

CONOR MCGREGOR WORKOUT ROUTINE



Bonus PDF File
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CONOR MCGREGOR WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

As I mentioned above, McGregor's workout is extremely diverse and ever-changing. That being said, I will be building this routine with resources from all over Superhero Jacked to make it as diverse as we can. Keep in mind McGregor's training is EXTREMELY high volume, and he admits himself to over-training (which takes a lot when you're an athlete as his level), so we're not going to want to come anywhere near that amount of volume while beginning to train like him.

Want To 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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

Conor McGregor Workout: Sample Schedule

Monday: Calisthenics, Cardio and Core

Tuesday: Calisthenics Circuit and Endurance

Wednesday: Calisthenics, Cardio and Core

Thursday: Calisthenics Circuit and Endurance

Friday: Calisthenics, Cardio and Core

Saturday: Active Rest Day

Sunday: Rest Day

Mixed Martial Arts Can & Should Be Added On Top Of This Training With The Resources I Share

Conor McGregor Workout: Stretching and Flexibility

Dynamic Stretching and Flexibility Routine

Perform each of the following exercises for one minute.

- Muay Thai Knees
- Shoulder Rotations
- Leg Swings
- Hip Circles
- Neck Bridge

Static Stretching

Hold each of the following stretches for 30 seconds.

- Back Roll
- Sit-Through Abdominal Stretch
- Sit-Back Shoulder Stretch
- Lying Leg Stretch
- Seated Butterfly

Locomotion Conditioning

- Duck Walk (decreases knee pain)
- Horse Walk (develops hip and groin strength)
- Lizard Walk (improves hip mobility and core control)
- Ostrich Walk (increases posterior-chain flexibility)

Conor McGregor Workout: Calisthenics Training

For calisthenics we're going to be utilizing a ton of different resources.

Thankfully I have put together a main source when everyone was stuck at home with no gym access, so we'll start with that, but we also have other athletes training regimes (including Tyson) that we can throw in and utilize as well.

Here are some calisthenics workouts to utilize:

- [The Ultimate Calisthenics Workout & Guide](#)
- [Mike Tyson's Workout Routine](#)
- [Arnold Schwarzenegger's Workout Routine](#)

Conor McGregor Workout: Core Training

For McGregor's Core Training we're going to diversify it by swapping it each day.

Here are three routines to swap in and out of:

Core Training A:

Complete 3 Giant Sets:

- 30 Hanging Leg Raises
- 30 Seated In & Outs

- 30 Second Hollow Hold
- 60 Second Plank

Core Training B:

Complete 3 Giant Sets:

- 30 Lying Leg Raises w/ Hip Thrust
- 30 Sit Ups
- 30 Superman Hold
- 60 Second Plank

Core Training C:

Complete 3 Giant Sets:

- 30 Hanging Knee Raises w/ Twist
- 30 V-Ups
- 30 Side Plank Each Side
- 60 Second Plank

Conor McGregor Workout: Cardio and Endurance Training

We're going to treat "endurance training" and "cardio training" differently for the schedule above.

For Cardio Training we'll be utilizing a jump rope circuit.

Cardio Training:

Complete 5 Rounds

- 30 Jump Ropes
- 20 Air Squats

- 30 Jump Ropes
- 20 Plank Shoulder Taps
- 30 Jump Ropes
- 20 Plank to Push Ups
- 30 Jump Ropes
- 20 Sit Ups

Endurance Training

For endurance training we'll be running.

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Conor McGregor Workout: Mixed Martial Arts Training

Last, but certainly not least, we have mixed martial arts resources for you.

These will not live up to Conor McGregor's martial arts training, of course, but it is a good starting point and addition into this programming.

Mixed Martial Arts Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- Frank Grillo Workout Routine and Diet Plan
- [Ryan Potter Workout Routine and Diet Plan](#)