

JONNY LEE MILLER WORKOUT ROUTINE



Bonus PDF File
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JONNY LEE MILLER WORKOUT ROUTINE

Training Volume:

5-6 days per week

Explanation:

If you want to train like Miller did for his fight it's going to take 5-6 days a week, 3 1/2 hours a day, and 5-6 weeks of training. If not, I'll also be sharing alternative training options to get into running shape with a hint of mixed martial arts training.

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.

Jonny Lee Miller Workout: Sample Schedule

Monday: Evolution Mauy Thai Schedule

Tuesday: Evolution Mauy Thai Schedule

Wednesday: Evolution Mauy Thai Schedule

Thursday: Evolution Mauy Thai Schedule

Friday: Evolution Muay Thai Schedule

Saturday: Rest Day or Evolution Muay Thai Schedule

Sunday: Rest Day

Jonny Lee Miller Workout: Evolution Muay Thai Training

Running: 30+ minutes

Conditioning: 30 minutes

Bag Work: 30 minutes

Clinch: 30 minutes

Hitting Pads: 30 minutes

Holding Pads: 30 minutes

Jump Rope/Shadow Boxing: 15 minutes

Stretching Foam Rolling: 15 minutes

Jonny Lee Miller Workout: Alternative Training Options

On an average basis Miller is more of a runner than he is someone to be incorporating 3 1/2 hours of MMA training every single day. The above schedule is what he did for 5-6 weeks to prepare for his fight in 2019. That being said, I'm going to share some training options for running and alternative mixed martial arts schedules for those of you looking to scale it down a notch.

Running Training Options:

[Constance Wu Workout Routine and Diet Plan](#)

[Ewan McGregor Workout Routine and Diet Plan](#)

[Kid Flash Workout Routine and Diet Plan](#)

[Grant Gustin Workout Routine and Diet Plan](#)

Mixed Martial Arts Alternative Training Options:

[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](#)