

# JONNY LEE MILLER WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

### **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# 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 Maui Thai Schedule

**Tuesday:** Evolution Maui Thai Schedule

**Wednesday:** Evolution Maui Thai Schedule

**Thursday:** Evolution Maui Thai Schedule

**Friday:** Evolution Maui Thai Schedule

**Saturday:** Rest Day or Evolution Maui 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](#)