

# [Revealed] Alexander Volkanovski Daily Routine in 2023

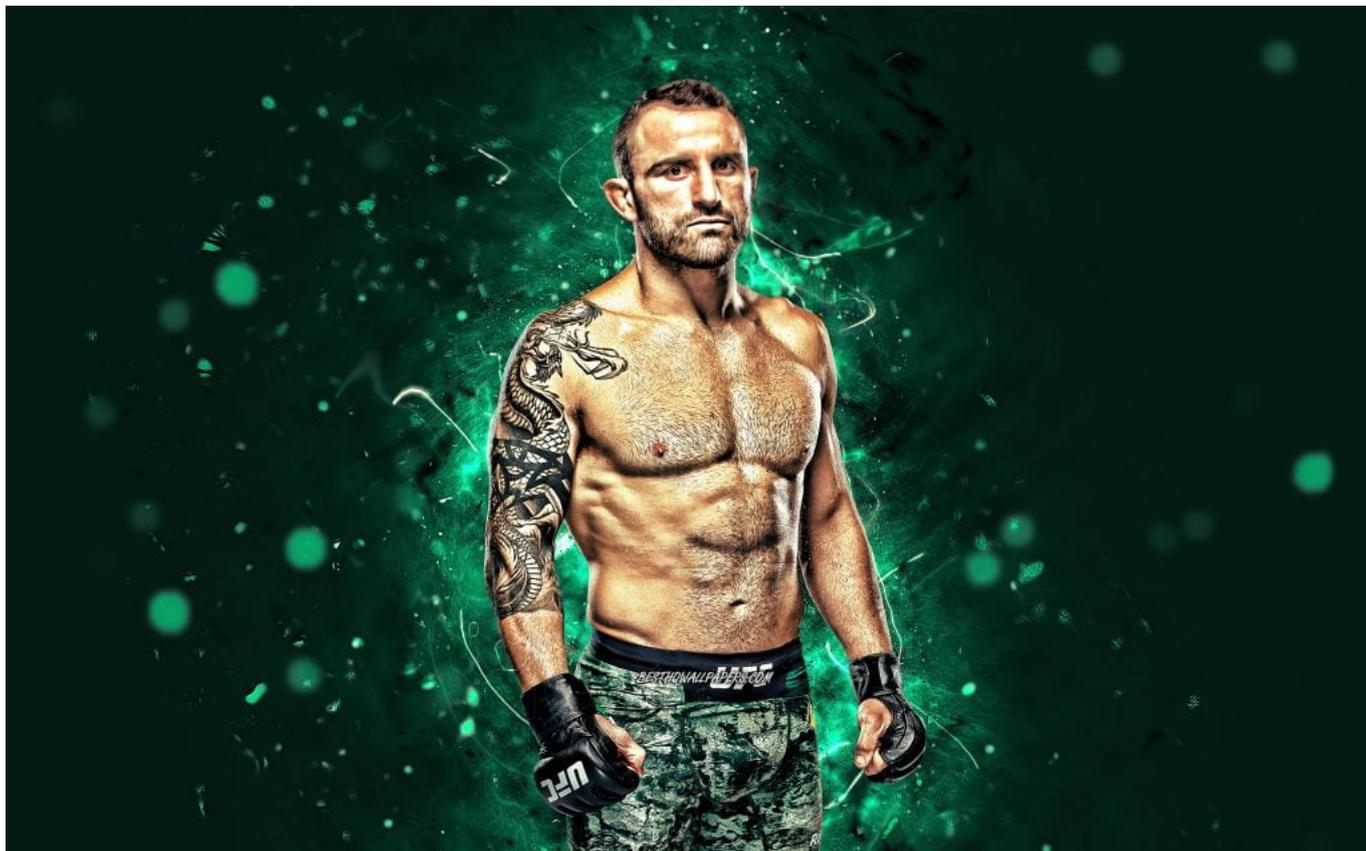
written by Shubham | November 11, 2022

Self-discipline facilitates goals and keeps our attitude elevated. If you pay discipline in your work you will surely get success in your field. You can even say that discipline is the foundation of happiness and the uttermost requirement for success. Alexander Volkanovski is the person who defines Discipline in the best way. He is the live example who has proved that discipline is the foundation of happiness and a requirement for success. Alexander Volkanovski is the current UFC featherweight champion. Firstly he was interested in rugby too. He played for about 10 years and then he joined MMA. After joining MMA, he showed his flying colors in it. This all happens because Alexander has determination and discipline in his practice. Due to this Determination, he becomes the current UFC featherweight champion. He's known for his quick yet powerful fighting style; many fighters get inspired by watching Alexander.

Let us see the Daily routine of Alexander Volkanovski and learn from his daily routine. Let us have an eye on some of the facts of Alexander Volkanovski, his daily habits, and achievements in his life.

## Who is Alexander Volkanovski

- Alexander Volkanovski (born 29 September 1988) is an Australian professional mixed martial artist.
- He currently signed to the Ultimate Fighting Championship (UFC), where he is the current UFC Featherweight Champion.
- Volkanovski is also a former Australian Fighting Championship (AFC) Featherweight champion.
- Alex began training in Greco-Roman wrestling at an early age and won a national title at the age of 12.
- He decided to give up wrestling at the age of 14 and instead focused on a career in rugby league as a front rower.



*Alexander Volkanovski*

<b>Born</b>	29 September 1988 (age 33) Warilla, New South Wales, Australia
<b>Nickname(s)</b>	The Great
<b>Residence</b>	Wollongong, New South Wales, Australia
<b>Nationality</b>	Australian
<b>Height</b>	5 ft 6 in (168 cm)
<b>Weight</b>	145 lb (66 kg; 10 st 5 lb)
<b>Division</b>	Featherweight (2014–present) Lightweight (2014; 2016) Welterweight (2012–2013)
<b>Reach</b>	71 in (180 cm)
<b>Fighting out of</b>	Windang, New South Wales, Australia
<b>Team</b>	City Kickboxing Tiger Muay Thai Freestyle Fighting Gym
<b>Rank</b>	Black belt in Brazilian Jiu-Jitsu under Joe Lopez
<b>Years active</b>	2012–present

I wrestled before rugby league so I always had a pretty good wrestling background, a good base, and that helped with my football. It just meant my balance was always so good; a strong core, good hips and just things like that just really played a factor in how I ran the ball and tackled.

## Morning Of Alexander Volkanovski

- **Wakes up Early**

Alex Wakes up early in the morning. He says that waking up early and doing things, makes you mentally active. Mental fitness is as much importance as physical fitness.

- **Breakfast time**

After freshing up he haves his breakfast, which is plan by his trainer. This ensures his proper diet fullfilled by all the proteins and calories.

- **Gym time**

This is the time he practise his skills and try to enhance it.

## Afternoon of Alexander Volkanovski

- **Lunch time**

After his workout he haves his nutritious diet, followed by some body rest, and personal space.

- **Workout session**

On normal day he have 2-4 workout session to maintain his fitness. He already mentioned that, if you are determine and you have discipline in your work, no one can takes success away from you.

- **Snacks time**

Between the workout session, he takes a break and haves little snacks to maintain his energy throughout.

## Evening of Alexander Volkanovski

- **Workout session**

He always follow and complete the things which he had already planned. He never compromise with his deal.

- **Extra activities**

After finishing his workout he spends remaining time in doing some of his activities, depending on his mood.

- **Family time**

He is family man and he has stated that family means alot to him. He spends quality time with his family and freely discuss the things with them.

Alexander Volkanovski loves his family to the moon and back.

- **Dinner time**

He is early to dinner and takes nutritious diet to fullfill his body needs.

After having dinner he gets to his bed and takes deep sleep.

## Diet schedule of Alexander Volkanovski

1st Meal : (Cals 500 / Carbs 60g / Protein 40g / Fat 10g)

2nd Meal : (Cals 320 / Carbs 40g / Protein 10g / Fat 11-12g)

3rd Meal : (Cals 500 / Carbs 60g / Protein 40g / Fat 10g)

4th Meal : (Cals 320 / Carbs 40g / Protein 10g / Fat 11-12g)

5th Meal : (Cals 500 / Carbs 60g / Protein 40g / Fat 10g)

6th Meal : (Cals 500 / Carbs 60g / Protein 40g / Fat 10g)

7th Meal : (Cals 320 / Carbs 40g / Protein 10g / Fat 11-12g)

(Intra workout carb drink / Cals 240 / Carbs 60g)

Total: Cals 3200 / Carbs 440g / Protein 190g / Fat 75g)

It's one of the things that I tend to do, make the right decision, right time, and get the right reactions and capitalize on it.



*Alexander Volkanovski workout routine*

## Workout Routine of Alexander Volkanovski

### **Monday**

- Chain pull-ups
- Weighted push-ups
- Incline bench press
- Flat bench press
- Cable flyes
- Lat pulldowns
- Kettlebell rows
- Barbell rows
- Deadlifts

### **Tuesday**

- Resistance squat
- Kettlebell squat to jump
- Chain smith front squats
- Hack squats
- Leg press
- Leg extension
- Walking lunges
- Farmer walks
- Calf raises
- Standing calf raises

### **Thursday**

- Battle ropes (5 sets till failure with 30 seconds rest in between each set)
- Pike push-ups
- Barbell shoulder press (front & back)
- Kettlebell shoulder press
- Lateral raises
- Shrugs
- Biceps curls
- Hammer curls
- Triceps pushdowns
- Chain triceps dips

### **Friday**

- Deep squats
- Bulgarian squats
- Dumbbell box jump squats
- Elevated drop squats
- Balance squats
- Stiff-leg deadlifts
- Hamstring curls
- Glute thrusters
- Hip abduction

If I want to be the GOAT, I've got to take out No. 1 contenders.



*Volkanovski weight class*

## Facts about Alexander Volkanovski

- Alex Broke The All-Time UFC Record For Leg Kicks.
- He Used To Weigh 97kg (214 pounds).
- Alexander Volaknovski Used To Play (Semi) Professional Rugby League.
- His First Four Fights Didn't Last Long  
The first fight was six seconds long.  
second was 30 seconds.  
His third was 30 seconds.  
And fourth was two minutes.
- He Won A National Wrestling Title At 12.

## Awards and achievements of Alexander Volkanovski

**Mixed martial arts**

- **Ultimate Fighting Championship**
  - UFC Featherweight Championship (One time, current)
    - Two successful title defenses
  - Fight of the Night (Two times) vs. Chad Mendes and Brian Ortega
- **Australian Fighting Championship**
  - Australian Fighting Championship Featherweight Champion (Two times)
- **Cage Conquest**
  - Cage Conquest Welterweight Champion
- **Pacific Xtreme Combat**
  - PXC Featherweight Champion
- **Roshambo MMA**
  - Roshambo MMA Lightweight Champion
  - Roshambo MMA Welterweight Champion
- **World MMA Awards**
  - 2019 – July 2020 Upset of the Year vs. Max Holloway
- **MMAjunkie.com**
  - 2021 September Fight of the Month vs. Brian Ortega

<b>Professional record breakdown</b>		
<b>24 matches</b>	<b>23 wins</b>	<b>1 loss</b>
<b>By knockout</b>	11	1
<b>By submission</b>	3	0
<b>By decision</b>	9	0

I pride myself on being a family man. I pride myself on being respectful and hardworking. That's just me.

## Things to learn from Alexander Volkanovski

- Sweat is the makeup of a fighter
- Study your opponent and anticipate what's coming at you so you can be first to react.
- keep your eyes up so you can always see what's happening, even when you have your chin tucked.
- Make sure your core is strong; it's where you're the most vulnerable.
- Have the confidence to know that it's you who holds the gloves to take on your biggest challenger.



*Daily routine of Alexander Volkanovski 1*