

[Updated] Edgar Berlanga (Boxer) Daily Routine in 2023

written by Naveen Arora | October 24, 2022

Edgar Berlanga is one of the most powerful boxers in the world, he is young, strong, and power-packed. Top rank CEO Bob Arum has tweeted- 'Edgar is the greatest power-punching phenomenon I've seen the heyday of a young Mike Tyson'. He caught the whole attention of the media as he was closing in on the official world record for consecutive 1st-round Kos held by Ali Raymi. To know more about him, let's take a look at his daily routine and some interesting facts about him.

Who is Edgar Berlanga?

- Edgar Berlanga is an American professional boxer.
- He was born in the large Nuyorican community.
- He started boxing at the age of 7.
- He was a huge fan of Felix Trinidad.
- He made his professional debut on April 29th, 2019.
- Most of his family still resides on the same Island.
- He is sponsored by Anuel AA.
- He has a record of 17-0.



edgar berlanga

Daily Routine

Mornings of Edgar

- **Session one**

He has divided his training session into two, one in the morning with his trainer Andre Rozier, who is also his uncle, they work out on long Island.

- **Breakfast**

Breakfast is usually egg whites, onions, avocado, peppers, and coffee.

Afternoons of Edgar

- **Gym**

He spends his noon working out in the gym, he heads back home for his lunch after the gym session, he usually eats chicken, beef, and sweet potatoes for lunch.

Evenings of Edgar

- **Session two**

His second session is in the evening with his coach Davin in Brooklyn, they focus on strength and conditioning, he also visits a physical therapist a few times throughout the week.

- **Dinner**

Dinner is usually salmon, a salad with peppers, onions, avocado, olive oil, and vinegar dressing.



edgar berlanga diet

Personal Facts

- **Born:** 18th May 1997, U.S.
- **Age:** 24 years.
- **Nationality:** American.
- **Wins:** 18.
- **Losses:** 0.
- **Nickname:** The Chosen One.
- **Division:** Super middleweight.
- **Stance:** Orthodox.

Medal Record

- **US Youth National Championships**
- 2013 Reno- Bronze.
- 2015 Reno- Gold.
- **USA Junior National Championships**
- 2013 Mobile- Silver.
- **US National PAL Junior Championships**
- 2013 Oxnard- Silver.



edgar berlanga fights

Edgar Berlanga's Quotes to Inspire you Towards Success

- When I fight, I bring fireworks.
- Sanchez made a mistake calling me out, and it's a huge mistake. He is ready for what I'm bringing.
- We've been working on a lot of new different things that you're going to see in this fight. If he wants to test my power, we'll see if he can stand up to it.
- This is a massive fight for me, and I'm going to show that I'm a champion and that I'm coming here to win.
- I swear to god I love getting counted out, I love-hate. Keep watching me, and watch how I grow!

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