

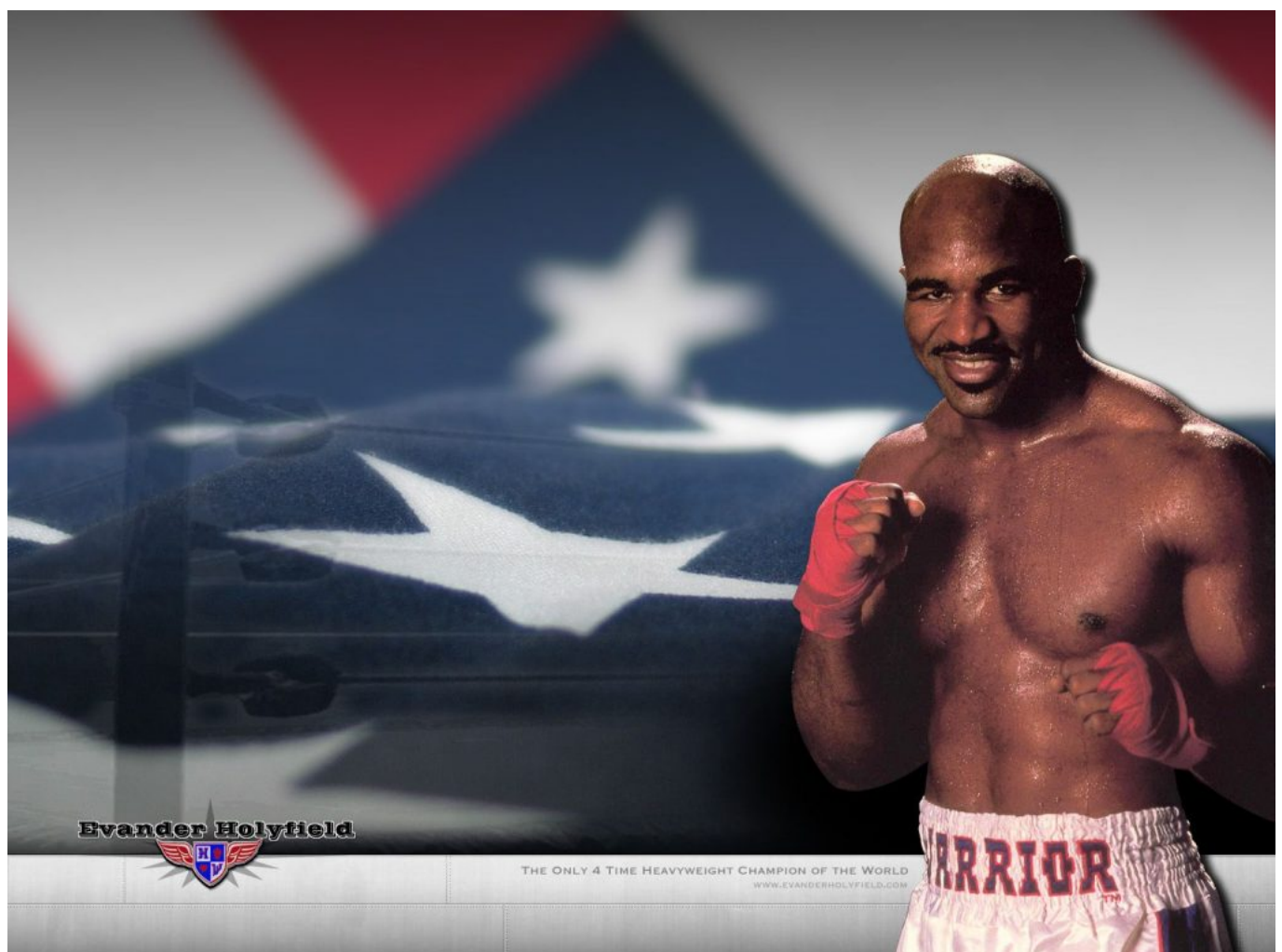
[Full Schedule] Evander Holyfield Daily Routine in 2024

written by Naveen Arora | January 22, 2024

Competing with the best makes you better, and beating the best makes you the best. But being the best isn't an easy job, it requires lots of dedication towards your passions. You have to crush your competitors and step over them to be the best. If one wants to be the best one should prepare his daily routine, and should follow it hardily. Your best only reveals when you are competing with the best. This happens in the Era of Evander Holyfield an American former professional boxer who competed between 1984 and 2011. This was the Era of Mike Tyson, Henry Tillman, Pernell Whittaker

The 17-year old Tyson had earned his invite by winning the 1984 Golden Gloves championships, while Holyfield earned his spot by winning a silver medal at the 1984 Pan Am Games. The group, which also included future gold medallist, Henry Tillman, and defensive maestro Pernell Whitaker.

Let us learn to be the best by having an eye on the daily routine of Evander Holyfield. Let us see some of his facts, habits, and strategies.



Who is Evander Holyfield

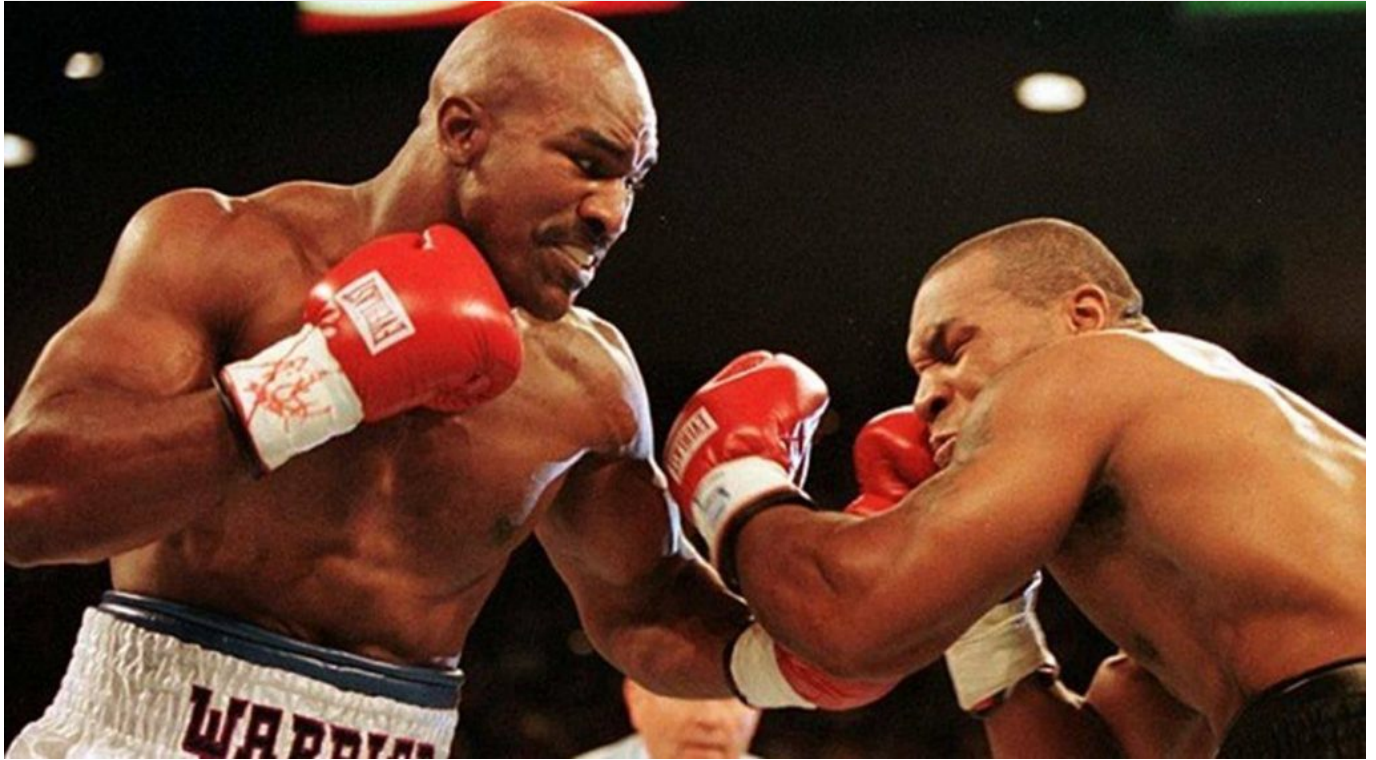
- Evander Holyfield, byname the Real Deal, (born October 19, 1962, Atmore, Alabama, U.S.)
- He is former American boxer, the only professional fighter to win the heavyweight championship four separate times and thereby surpass the record of Muhammad Ali, who won it three times.
- As an amateur boxer, Holyfield compiled a record of 160–14 and won the national Golden Gloves championship in 1984.
- In April 1988, with an eighth-round knockout of Carlos DeLeon, Holyfield became boxing's first undisputed cruiserweight champion.
- He retired in 2014 with a career record of 44 wins (29 by knockout), 10 losses, and 2 draws.
- Holyfield was inducted into the International Boxing Hall of Fame in 2017.

A champion shows who he is by what he does when he's tested. When a person gets up and says 'I can still do it', he's a champion.

Fast facts

Full Name	Evander Holyfield
Birth Date	October 19, 1962
Birth Place	Atmore, Alabama, U.S
Nick Name	The Real Deal
Religion	Christianity
Nationality	American
Education	Fulton High School
Horoscope	Libra
Mother's Name	Annie Laura Holyfield
Siblings	Yes(8)
Age	59 Years Old
Height	6ft 21/2inches (189cm approx)
Weight	102 kg
Build	Athletic
Marital Status	Divorced

Girlfriends	No
Spouse	Paulette (m. 1985; div. 1991),Janice Itson (m. 1996; div. 2000),Candi Calvana Smith(m. 2003; div. 2012)
Profession	Former professional boxer
Boxing record	44-10-2
Net Worth	1 Million USD
Children	Yes (11)
Last Update	December 2021



Evander Holyfield Workout Routine

Morning of Evander Holyfield

- **Wakes up early**

Evander Holyfield rise up early in the morning. Rising up early and working out the things is the habit of almost all sportsman. Evander Holyfield wakes up early and gets ready for his workout routine.

- **Breakfast time**

Before heading to gym, Holyfield haves his breakfast which commonly includes Four eggs, grits, toast, orange juice and milk.

- **At the gym**

After freshing up and finishing all essentials chores, he gets to gym and starts his workout to strengthen his body.

- **Post workout breakfast**

Evander Holyfield have two breakfast a day, one before workout and the other after workout, His body needs much calories and energy for pursuing his workout routine. After workout he takes preety much same breakfast as earlier.

Afternoon of Evander Holyfield

- **Back to grind**

Evander Holyfields spends his mostly time in gym only, He just eat hard and work hard, In afternoon he step up to his gym for practising drills. He never thinks that he is best he always thinks that he can do it more better.

- **Lunch time**

After practising his drills he haves his lunch which includes, Green beans, macaroni and cheese, chopped steak, corn bread and tossed salad, cold tea and/or water.

Evening of Evander Holyfield

- **Workout session**

Evander Holyfield is too punctual for his workout and never compromise for his fitness. He always wants to be better day by day.

- **Evening snacks**

In Evening he takes up little rest and then have his evening snacks which includes Grilled Chicken. Holyfield prefers eating meat because of the amount of protein it provides and it can keep him fuller for longer. He usually does eat around 4-5 meals a day to fuel and grow his body while also adding vegetables for the added benefits they provide.

- **Gym session**

He wrap up his day in gym, where he practise and enhance some of his drills.

- **Dinner time**

After the evening workout it's usually fish, black-eyed peas, string beans, cabbage, corn bread, cold tea and/or water.

- **To the bed**

After workout he backs in the bed while watching films on the v.c.r., he haves peanut butter and grape jelly on wheat bread, with milk. After that he takes a deep sleep, as sleep is also a part of routine.



Evander Holyfield Diet

Evander Holyfield training routine

A setback only paves the way for a comeback.

Mesocycle One		
Session	Training Mode	Frequency
Morning workouts	Boxing Skills	Daily
	Lower Body Exercises	Mon, Wed, Fri
	Upper Body Exercises	Tues, Thurs, Sat
	Versaball	Mon, Wed, Fri
Noon workouts	3 Minute Drill (4-6 sets)	Mon, Wed, Fri
	Plyometrics	Tues, Thurs, Sat
Evening workouts	Weight Training	Mon-Fri
Mesocycle Two		
Session	Training Mode	Frequency
Morning workouts	Sparring/IE	Daily/twice weekly
	Lower Body Exercises	Mon, Wed, Fri
	Upper Body Exercises	Tues, Thurs, Sat
	Versaball	Mon, Wed, Fri
Noon workouts	3 Minute Drill (7-9 sets)	Mon, Wed, Fri
	Weighted plyometrics	Tues, Thurs, Sat
Evening workouts	Explosive weight training	Mon-Fri
Mesocycle Three		
Session	Training Mode	Frequency
Morning workouts	Sparring	Daily
	Lower Body Exercises	Mon, Wed, Fri
	Upper Body Exercises	Tues, Thurs, Sat
	Versaball	Mon, Wed, Fri
Noon workouts	3 Minute Drill (10-12 sets)	Mon, Wed, Fri
	Shock plyometrics	Tues, Thurs
Evening workouts	complex training	Mon-Fri

Stay on your toes and always move forward.

Chest	A workout	bench press
	B workout	add dumbbell bench press
	C workout	add incline dumbbell bench press
Shoulders	A workout	seated dumbbell presses
	B workout	add frontal dumbbell raises
	C workout	add lateral raises

Back	A workout	bent rows, back extensions
	B workout	add modified pull-ups
	C workout	add pull-downs
Arms	A workout	EZ curls, pushdowns
	B workout	add hi, the moderate and low rep system
	C workout	add dumbbell curls, dips
Legs	A workout	safety squats, keystone deadlifts
	B workout	add lunge walking, glute-ham raises
	C workout	add twisting squats, leg curls
Midsection	A workout	Russian twists
	B workout	add pre-stretched crunches
	C workout	add side bends

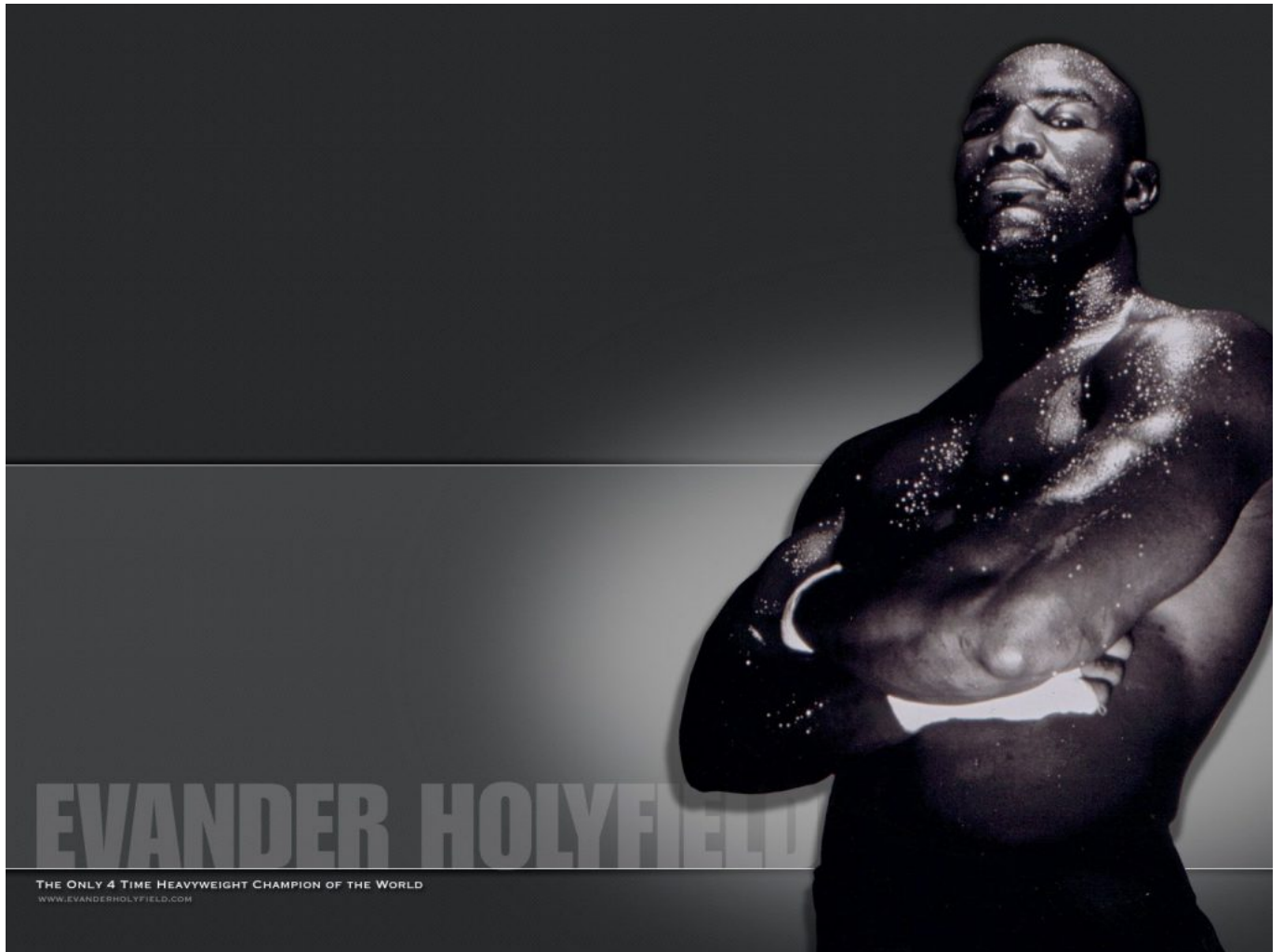
Facts about Evander Holyfield

- He was the youngest of 9 children and began boxing at the age of 12 when he won the Boys Club boxing tournament.
- By the age of 13, he competed in the Junior World Olympics and by 15, he was the Southeastern Regional Champion.
- He was disqualified in the second round of the semifinal for allegedly hitting his opponent during the break but this decision was controversial. He still won the bronze medal in the competition.
- Other than boxing, Holyfield has pursued various opportunities such as founding Real Deal Records and appearing as a contestant on the television shows "Dancing With The Stars" and "Strictly Come Dancing".
- Holyfield has also made brief appearances in three movies.
- He is a philanthropist and runs a foundation called Evander Holyfield Foundation.
- Evander Holyfield carried the Olympic torch in 1996 and has been inducted into the Nevada Boxing Hall of Fame.

Titles won by Evander Holyfield

World Titles:

- Holyfield is the only fighter to win a portion of the World Heavyweight Championship four times.
- WBA Cruiserweight Champion (1986-1988)
- Won the title with a fifteen-round split decision against Dwight Muhammad Qawi.
- IBF Cruiserweight Champion (1987-1988)
- Won the title with a third-round TKO of Ricky Parkey.
- WBC Cruiserweight Champion (1988)
- Won the title with an eighth-round TKO of Carlos DeLeon. Became the first Undisputed World Cruiserweight Champion.
- Vacated the WBA/WBC/IBF championship to move up to heavyweight.
- WBC/WBA/IBF Heavyweight Champion (1990-1992)
- Won the Undisputed World Heavyweight Championship with a third-round KO of James "Buster" Douglas.
- WBA/IBF Heavyweight Champion (1993-1994)
- Won the title with a twelve-round majority decision against Riddick Bowe.
- WBA Heavyweight Champion (1996-1999)
- Won the title with an eleventh round TKO of Mike Tyson.
- IBF Heavyweight Champion (1997-1999)
- Won the title with an eighth-round TKO of Michael Moorer.
- WBA Heavyweight Champion (2000-2001)
- Won the vacant title with a twelve-round unanimous decision against John Ruiz.



Evander Holyfield achievements

Awards & Recognition

- The Ring Fighter of the Year for 1987, 1996 and 1997.
- The Boxing Writers Association of America Fighter of the Year for 1990, 1996 and 1997.
- The WBA presented Holyfield with the Muhammad Ali Award for becoming a three-time heavyweight champion in 1996.
- Evander Holyfield vs. Dwight Muhammad Qawi I was named the best cruiserweight fight of the 1980s by *The Ring*.
- Evander Holyfield vs. Michael Dokes was named the best heavyweight fight of the 1980s *The Ring*.
- Evander Holyfield vs. Riddick Bowe I was *The Ring* Fight of the Year for 1992, and the tenth round was the Round of the Year.
- Evander Holyfield vs. Mike Tyson I was *The Ring* Fight of the Year and Upset of the Year for 1996.
- Evander Holyfield vs. Mike Tyson II was *The Ring* Event of the Year for 1997.
- *The Ring* ranked Holyfield as the greatest cruiserweight of all-time in 1994.
- *The Ring* ranked Holyfield as the third greatest heavyweight of all-time in 1998.
- Inducted into the Georgia Sports Hall of Fame in 2001.
- *The Ring* ranked Holyfield as the twenty-third best fighter of the last 80 years in 2002.
- Inducted into the Nevada Boxing Hall of Fame in 2014.

Learning from Evander Holyfield

- Decide in early age what you want to become, just like Holyfield has decided.
- As long as you train hard, apply yourself and have the desire to compete, in boxing you are the one who dictates your final destiny.
- You direct your own life from right there in the gym and in the ring, not from the sidelines.
- Second place in the boxing ring is
- called losing, but at least that means you're competing. You are getting a chance.

If you quit every time things don't go your way, then you'll be quitting all through your life.

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