

[Updated] Holly Holm Daily Routine in 2023

written by Shubham | November 4, 2022

Some women don't use their makeup to shine, they use their success to shine. Being a makeup girl is cute, but being a successful girl is awesome. In past, there was a time when women doesn't have any rights and they were just used as puppets. Nowadays, the generation is getting advanced and females are contributing equally to run the world. Fame and success have become the new make-up kits for everyone. Everyone wants to gain fame and success in their life. But some of the many reach to the top to get succeed. This some becomes idle and inspiration to many, and peoples starts following their path. Holly Holms is an American mixed martial artist who competes in the Ultimate Fighting Championship. She has gained popularity just because of her efforts and struggles which are hidden from the world.

Holly Holm has become an inspiration to many of the girls, she has a huge fan following. Every successful tycoon has a secret for their success. Let us find out the secret of Holly Holm by having an eye on the daily routine of Holly Holm. In this article, we will also look at some of the facts and achievements of Holly Holm And the things we can learn from her.



Holly Holm

Who is Holly Holm?

- Holly Rene Holm-Kirkpatrick (born October 17, 1981) is an American mixed martial artist who competes in the Ultimate Fighting Championship.
- She is the former UFC Women's Bantamweight Champion, and a former professional boxer and kickboxer.
- She was a multiple-time world champion in boxing.
- Holly Holm has defended her titles 18 times in three weight classes, and a two-time Ring magazine fighter of the year (2005, 2006).

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Fast Facts :

Nick Name: The Preacher's Daughter, Hottie

Birthday: October 17, 1981

Age: 40 Years, 40-Year-Old Females

Sun Sign: Libra

Also Known As: Holly Rene Holm

Born In: Albuquerque, New Mexico, United States

Famous As: Mixed Martial Artist

Height:5'8" (173 cm)

Spouse/Ex-: Jeff Kirkpatrick (M. 2012)

Notable Alumni: University Of New Mexico

A fighter can always recover, and you never know what they're going to come back with.



Holly Holm net worth

Morning of Holly Holm

- **Wakes up early**

Holly Holm wakes up early in the morning, waking early make her feels energetic throughout the day.

- **Breakfast time**

After some workout, Holly Holm haves his nutritious breakfast which includes the followings. A coffee with MCT oil and butter, and protein – eggs, protein shake, protein bar, chicken or beef – with some almond butter. Depending on the morning, she might also make a mixture of coconut milk, chia seeds, hemp seeds and flax seeds to eat as well.

- **Workout time**

Holly Holm shows her dedication in her workout, she has three major workout session and she follows it with full enthusiasm and discipline. There's no single person on this planet that's worth more than the other. Know your worth. Be confident in yourself.

Afternoon of Holly Holm

- **Lunch time**

After practising her drills, Holly Holm has her lunch. She takes heavy diet in lunch to maintain her physique. Her diet includes a chicken breast salad with light dressing and nuts, as well as some berries.

- **Back to work**

After finishing her lunch, she takes a little nap and then back to practise her drills. She spends 6-7 hours daily with her trainer. She never quits and postpone her workout session, this shows her discipline.

Evening of Holly Holm

- **Snacks time**

After Grinding in Gym, now its a time to grind something for empty. She have a protein bar for snacks, these small diets in between always gives her instant energy. The reason she always looks energetic is to have a small meals like this.

- **Evening workout session**

Evening workout session is her last session for workout, she has divided her day and formed a perfect schedule. Her daily routine is her secret towards success. Holly Holm has chosen sweat as her make up kit, other than any other beautiful cosmetic product.

- **Dinner time**

Holly Holm is not so quick for dinner, she has her dinner in night and enjoys it. Her dinner usually includes some protein (beef patty, lean pork loin, grilled fish or grilled chicken) with some sides like salad, asparagus or brussel sprouts. Occasionally she'll add in some sweet potato baked in olive oil. This type of meal fulfills her diet and makes her healthy.



Undefeated UFC fighters

I started doing MMA and boxing at the same time – I always wanted to try an MMA fight to see what it was like. I had one fight, and I was hooked.

Holly Holm Workout routine

The typical Workout routine of Holly Holm is are as follows:

“Monday through Friday every morning we have class and it’s intense. They’re pretty hardcore workouts. Monday there’s MMA sparring, Tuesday is sparring, Wednesday is wrestling, Thursday is MMA day, Friday is wrestling, and Saturday I do sprint runs. So that’s just the morning. Other than that I run five days a week with Saturday’s sprint run being one of them.

“I think you can get so mentally beat by kind of working yourself up too much.”

Monday through Friday four out of the five days I’m running distance as well. I do mitt work three to four times a week. I go back to either jujitsu or wrestling at night Monday through Thursday. I’m working out about four and five hours a day depending [on my schedule]. Sometimes it’s more drilling; sometimes it’s going hard. I usually am doing at least two to three hard workouts and the rest of the time it’s technical drilling. Saturday I just run. The other runs

I'm going slowly. I'm not training to be a runner; I'm training to be a fighter. When I sprint run I go as hard as I can. When I do distance runs I don't care how fast I go. I do it to keep moving, keep the weight coming down and just kinda cruise."

Fighting is a very emotionally draining sport. I don't want to waste time on drama beforehand.

Facts about Holly Holm

- Her nickname – “The Preacher’s Daughter” – is apropos because she is a preacher’s daughter. Her father, Roger, preaches each Sunday at Edgewood Church of Christ in Albuquerque. Before that he preached at Bosque Farms Church of Christ for 18 years.
- Holly graduated in 2000 from Manzano High School in Albuquerque, where she tried gymnastics, soccer, swimming and diving.
- She suffered a brutal knockout defeat against Anne Sophie Mathis on Dec. 2, 2011. But she came back seven months later and beat Mathis by unanimous decision to regain her IBA welterweight title.
- She married Jeff Kirkpatrick on April 27, 2012, in Cancun. Kirkpatrick is the vice president of operations for AAA Roofing Co. in Albuquerque. Her husband never missed her any of her match.
- Outside of the gym, Holly enjoys snowboarding, sewing, shopping, baking cookies and pies, reading her Bible, chewing gum and spending time with her cat, Buster.

I can't even explain how blessed I am and how fortunate that I have such a great team that believes in me.

Awards and achievements of Holly Holm

Ultimate Fighting Championship

- Former UFC Women’s Bantamweight Champion

Legacy Fighting Championships

- Legacy FC Women's Bantamweight Championship (One time; first; current)

WMMA Press Association

- 2013 Knockout of the Year vs. Allanna Jones on July 19

Bleacher Report

- 2013 WMMA Knockout of the Year vs. Allanna Jones on July 19

ULTMMA.com

- 2013 Prospect of the Year

Inside MMA

- 2013 Rising Star of the Year Bazzie Award

HOV-MMA.com

- 2013 Lady Violence Award

I still have a lot to learn, and I still have a lot to prove.

Learning from Holly Holm

- If you're not serious about being your own boss, it'll never happen. You MUST get serious and make it happen. Like I said, if you want it bad enough, GO GET IT.
- Focus on the positives and what WILL happen as you face your fears. What's going to open up for you?
- You MUST have confidence in your business and YOURSELF! You DO have value and you DO have an important voice that the world needs to hear.
- Find your confidence! TELL YOURSELF YOU'RE BRILLIANT!
- Surround yourself with people who are going to lift you up, inspire you, and motivate you to GO BIG!
- Don't listen to the people who say you can't do it.

Quotes by Holly Holm

- “I think sometimes in life we rush and only later look back and say, ‘Wow, that was something pretty cool that I did,’ and we realize we should have been more aware while it was happening.”
- “Aim high and don’t sell yourself short. Know that you’re capable. Understand that a lot of people battle with a lot of things – depression, body image or whatever else – so know that it’s not just you. You’re not alone.”
- “A rematch is one of those things that will always be there when you remove a champion, and it’s something you definitely need to give them – that chance for a rematch. That’s the only way to do it.”
- “I’d see people being really successful, whether it was my teammates or big-name fighters like Muhammad Ali and Mike Tyson, and I’d think, ‘I want to be a legend like that.’”

I just want to be a fighter. I just like to win fights.