

[Updated] Kamaru Usman Daily Routine in 2023

written by Naveen Arora | October 23, 2022

Success always comes with hard work and dedication, but it's not over here, when you succeed you face an equal amount of hate too. When people start pointing towards you and start figuring out you in small and minutes things, then you should get that they are getting jealous. Success will give you an equal quantity of quality people and people who don't want to see you there. The best answer to haters is you should make them feel jealous of your success. Kamaru Usman is a Nigerian-American professional mixed martial artist. Once Kamaru said, 'I want to break their soul. I want to take something away from them so that when my name comes up again, they're just like, 'Fuck, no. I don't want to fight that guy again.'

Haters always gonna hate you, by ignoring them one should always think of getting more and more success. Kamaru Usman is a wrestling celebrity, who never thinks of haters and always keeps burning them with his success. Usman has always had the champion mindset and work ethic. Today let us see the daily routine of the Kamaru Usman, the beast. In this article, we will learn about the training routine of Usman and at last, we will look at the things that one can learn from Usman. We will also get familiar with some of the Usman achievements and facts.



Kamaru usman

“I believe that I’m not just a fighter in this game; I love to study the sport. And in studying the sport, I believe I have a good eye for the sport, and I’m able to talk about the sport.”

Who is Kamaru Usman

- Kamarudeen “Kamaru” Usman (born May 11, 1987) is a Nigerian-American professional mixed martial artist, former freestyle wrestler, and graduated folkstyle wrestler.
- Usman was born in Auchi, Nigeria.
- He has two brothers, Kashetu and Mohammed, of whom the former is a Doctor of Pharmacy and the latter is a mixed martial artist.
- Usman started wrestling in his sophomore year in high school, at Bowie High School in Arlington, Texas
- He currently competes in the welterweight division of the Ultimate Fighting Championship (UFC), where he is the current UFC Welterweight Champion.
- Usman Kamaru and his wife have a daughter, Samirah (born 2014).

Born	Kamarudeen Usman May 11, 1987 (age 34) Auchi, Nigeria
Nickname(s)	The Nigerian Nightmare
Nationality	Nigerian American
Height	6 ft 0 in (183 cm)
Weight	170 lb (77 kg; 12 st 2 lb)
Division	Welterweight
Reach	76 in (193 cm)
Style	Wrestling
Fighting out of	Fort Lauderdale, Florida, U.S.
Team	Blackzilians (2011–2017) Sanford MMA (2017–2020) Onx Sports (2020–present)
Trainer	Jorge Santiago (grappling) Trevor Wittman (striking)
Rank	Black belt in Brazilian Jiu-Jitsu under Jorge Santiago
Wrestling	NCAA Division II Wrestling
Years active	2010–2012 (freestyle wrestling) 2012–present (MMA)
Mixed martial arts record	
Total	21
Wins	20

By knockout	9
By submission	1
By decision	10
Losses	1
By submission	1

“You never say never. That’s one of the lessons I’ve learned.”

Morning of Kamaru Usman

- **Wakes up early in the morning**

Usman has a very good habit of waking up early in the morning, He was morning lark from his childhood. He normally wakes up at 6.30 a.m. or even before it. No matter whether he sleeps at 5 a.m. but he stands by morning 6.30 a.m.

(“I’m up at 6:30am every day, even a little before that. I’m always up. It doesn’t matter if I go to bed at 5am, I’m up at 6:30am.”)

- **Morning workout**

After waking up early and getting freshen up, Usman sets to the morning Workout. As usman has bulky body, he puts more attention on his cardio exercises.

- **Breakfast time**

After some workout sessions, Kamaru Usman haves his breakfast which depends on the nutritionalist which he had hired.

(Usman works with Trifecta, a nutrition company partnered with the UFC, as well as Clint Wattenberg, the Director of Nutrition at the UFC Performance Institute. “He did a full assessment of what my needs are because the same plan doesn’t work for everyone.”)

- **Gives his body a little rest**

After having breakfast, Usman gives his body a rest, as he thinks a rest is a needed part in anyones training schedule.

Afternoon of Kamaru Usman

- **Workout session**

After taking rest, its time to grind his body. In this session he practise his drills with some of the great retired UFC players and under the best trainer. The UFC stats that he has maintained is just because of his hardwork and dedication towards his training routine. He is a punctual man who always shows discipline in his work.

("Florida was the base for a long time, but you grow from there," Usman explained to ESPN. "We always had a ton of guys, some of the best training partners out there and some great coaches. But I wanted a little more specific attention at this point in my career – someone to be able to say, 'You're going to come in at this time and work on this particular skill.' It's very tough to do that when there are 40 to 50 guys in the room with you who also need to get attention.")

Now based out of Wittman's training camp in Denver, Colorado, the champ is training at a higher altitude than his previous camps.

- **Lunch time**

Kamaru Usman is a person who loves to cook, he likes to make food for himself. But due to his heavy and busy schedule, he never gets a time to cook for himself. He takes lunch as prepared and schedule by the hired team.

(I've always cooked for myself all through my career. I like to cook. But the higher you get in your career, the bigger the fight, the more stakes are on the line, and it makes it harder to cook for myself. I was looking for a convenient meal plan company that could step in to help me, but also make sure I was eating quality food.)

Importance of rest between workout and after the meal

After having a meal the next thing, Usman does is rest up his body. He knows the importance of rest between the practice session. As per him, Your body adapts to things in this way is faster rather than training yourself without taking a rest. It gives less stress to the body and makes the training more productive. So one should know the importance of the rest, rather than doing bulky and hefty workouts like donkeys.

Evening of the Kamaru Usman

- **Workout session**

After taking rest, Kamaru Usman gets back to his workout, He is serious about his drills and never quit any sessions. This would be the last workout session, so after this he winds up his training routine for the day.

“I try to make the regimen more endurance based, all the while keeping my strength and my power as well. It’s been working great.”

- **Family time**

No one have idea that Usman has a funny and jovial side that only comes out in front of his daughter Samirah. He loves his family very much and like to spends time with his family.

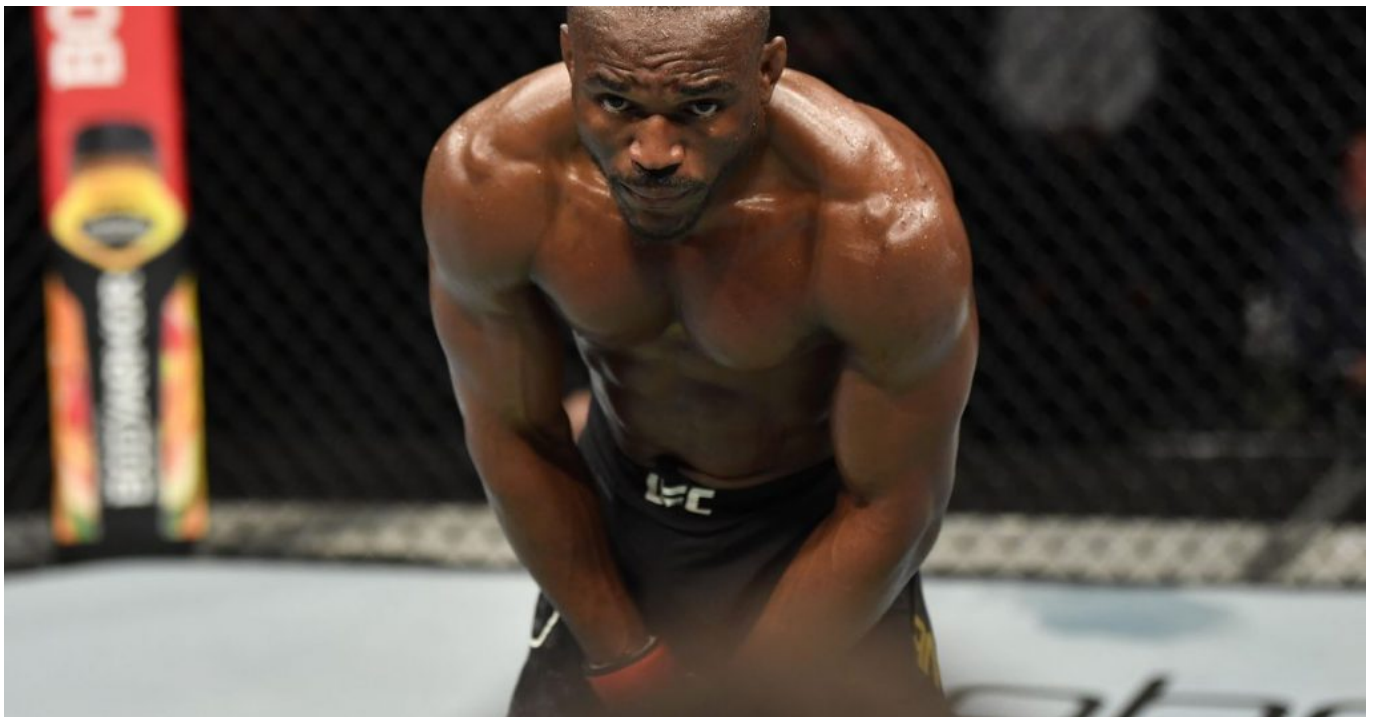
- **Dinner time**

Usman’s current diet plan is heavy on carbohydrates to provide him both the endurance required for long training sessions, as well as maintain the strength that’s made him the The Nigerian Nightmare.

“For someone like myself, I’m extremely lean, and my body requires food that fuels the high level of endurance that fits my fighting style. My plan is geared towards being able to run off of carbs and that high carbohydrate-based diet so I can go for a long time, kind of like a marathon fighter. Where at the same time, I can keep my muscle and my strength.”

- **Sleeping schedule**

After dinner, Usman gets back to his bedroom for a peaceful night, He takes a deep sleep and after waking up in morning his cycle repeats.



Kamaru usman pre workout

“I am what I am. I don’t regret anything.”

Achievements, recognition, and awards of Kamaru Usman

- National Collegiate Athletic Association
- NCAA Division II National Championship (174 lbs, 2010)
- NCAA Division II All-American (174 lbs, 2008, 2009, 2010)
- National Association of Intercollegiate Athletics
- NAIA National Qualifier (165 lbs, 2007)
- University Interscholastic League
- UIL All-State out of Bowie High School (145 lbs, 2005)
- Ultimate Fighting Championship
- UFC Welterweight Championship (One time, current)
- Five successful title defenses
- First Nigerian-born UFC champion
- The Ultimate Fighter 21 tournament winner
- Performance of the Night (Four times) vs. Hayder Hassan, Rafael dos Anjos, Gilbert Burns, and Jorge Masvidal
- Fight of the Night (One time) vs. Colby Covington
- Latest finish in UFC Welterweight history vs. Colby Covington
- Latest knockout in UFC title fight history vs. Colby Covington
- Most consecutive wins in welterweight division
- 2021 The Charles 'Mask' Lewis Fighter of the Year
- Fighter of the Year 2021
- 2021 Male Fighter of the Year

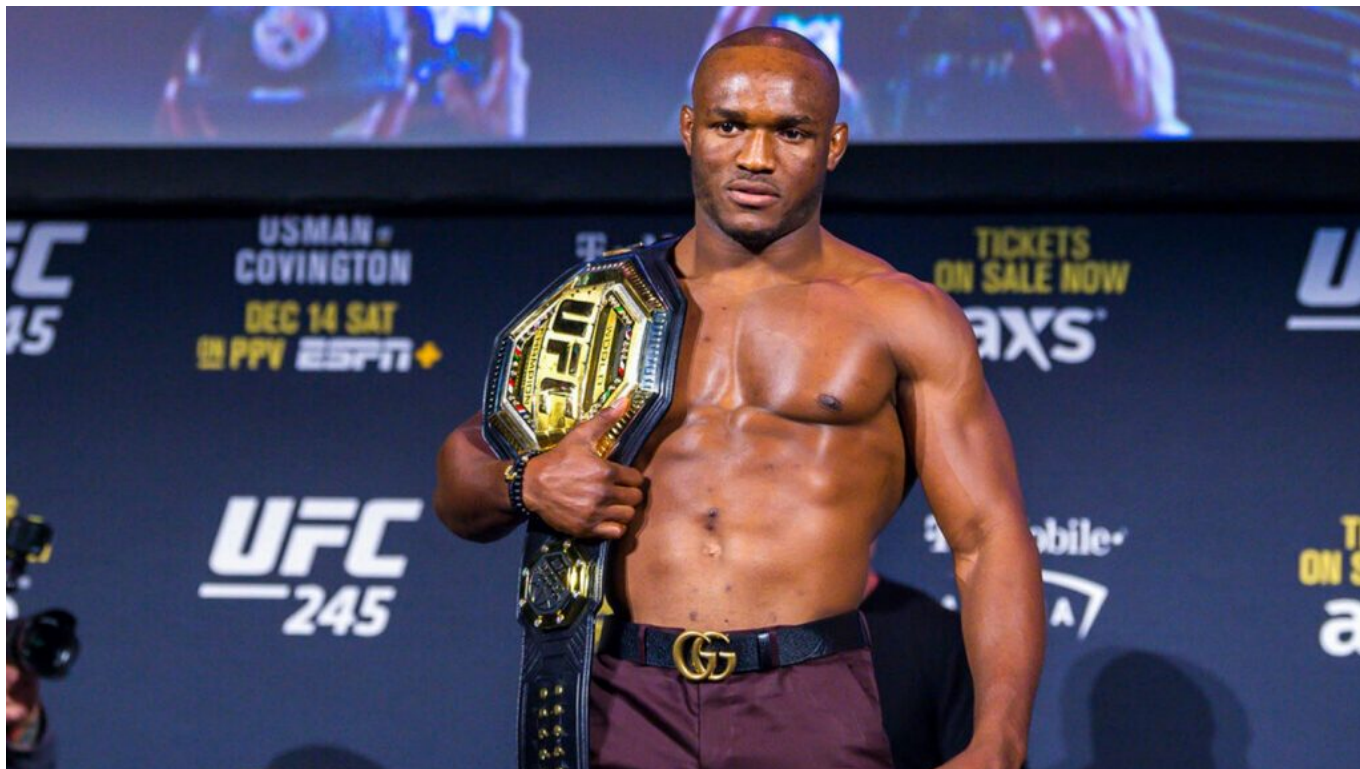
Once you have an opponent in your mind that you're preparing for, you're working on specifics, and you get guys in to mimic what they do.

Facts about Kamaru Usman

- His Father Was A Major In The Nigerian Army.
- Usman won the D2 National Championship in 2010 in wrestling, and he was also a three-time All-American during his time in college at The University of Nebraska at Kearney.
- Kamaru Usman likes many wrestlers, dreams of one day competing on the grand stage at the Olympics. That dream nearly came to fruition in 2012, however sadly for the future welterweight champion it didn't happen.
- Kamaru Usman while he was still wrestling as an amateur, was actually on Mayhem Miller's team as a wrestling coach. It was the first time the UFC fans got a look at the future champion, over a year before his MMA debut.
- Kamaru Usman's fight against Emil Meek at UFC St. Louis in 2018 was the biggest fight of his career to that point
- Kamaru Usman defeated Jorge Masvidal in the main event, to a rousing 1.3 Million PPV buys which placed it as the seven highest selling PPV in UFC history, and the highest without Conor McGregor or Brock Lesnar involved.
- Following his second win over Colby Covington at UFC 268, White proclaimed the Usman is already the welterweight goat and isn't long away from being the greatest ever period. The statement comes as a shock, as Georges St-Pierre is widely regarded as the true greatest at 170, with nine title defenses from 2007-2013.
 "Crazy things happen in this sport, and you have to be ready. And for me, luck is when preparation meets opportunity."

Things to learn from Kamaru Usman

- If you get a chance never miss it, instead grab it with both the hands.
- Always follow your heart in taking decision.
- Never give a chance to your opponent.
- Always shows your haters their place.
- Celebrate your victory, but dont stop grinding.
- Always worship the things which makes you.
- Never doubt on yourself and your training.
- Your training is the thing which will lead you towards success.
- Always maintain your professional and personal life, give time to your family because they need them.



Kamaru usman training routine

“There’s a blessing in everything that happens to us.”

Quotes by Kamaru Usman

- “I’m good everywhere. I can defend the takedowns. can get a guy down if I want them. I can keep it standing and strike. can do it all.”
- “It’s my job to show up, make weight, and prepare to be a world champion if that opportunity presents itself.”
- “There comes a time in our careers that you get that one guy. That guy that just makes your blood boil. That really pulls the savage out of you.”
- “I recall the hard work that my family went through just to continue to live the lifestyle that we were living, which wasn’t by any means a great lifestyle.”
- “That’s why I think that I have a big advantage, because I work on my striking a ton, but I don’t forget about my wrestling, what brought me to the dance.”
- “For what we do training, as a fighter, you have to be able to flip that switch where you turn into that savage, that guy that’s prepared to go to war.”
- Not everybody out here trains with me; not everybody knows what I’m capable of. My coaches know what I’m capable of, my training partners know what I’m capable of, and I know what I’m capable of.
- “My thing is, if you’re going to talk online, if you’re going to come at me with a certain energy, when you see me on-site, keep that certain energy. That’s it, That’s it. That’s all I am.”
- One of the hardest parts of this game, and what I don’t think people understand, is the mental side of it. They think, ‘Oh, he’s a big, stronger guy.’ But let me tell you, and I believe this without question: It’s not always the biggest, strongest, meanest, toughest-looking who gets the job done.



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