

# EIZA GONZALEZ WORKOUT ROUTINE



Bonus PDF File  
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# **EIZA GONZALEZ WORKOUT ROUTINE**

**Training Volume:**

**5-7 days per week**

**Explanation:**

The reason I'm putting such a high volume for this workout is because it's really going to be contingent on staying active. I'm going to give you an upper and lower body split for weight training, and in-home workout to use when you can't make it to the gym, MMA training to choose from (as Gonzalez does mention some boxing), and also the reminder to get out there and use your fitness on all sorts of things that I will name below!

## **Eiza Gonzalez Upper Body Workout:**

**Warm Up:**

**Stretch**

**10-20 min Stairmaster**

**Workout:**

**Seated Arnold Press**

**3×12**

**TRX Bodyweight Rows**

**3×12**

**Kettlebell Swings**

**3×12**

**Incline Dumbbell Press**

**3×12**

**Tricep Kickbacks**

**3×12**

**Bent Over Dumbbell Rows**

**3×12 each arm**

**Battle Ropes**

**3×30 seconds**

## **Eiza Gonzalez Upper Body Workout:**

**Warm Up:**

**Stretch**

**10-20 min Stairmaster**

**Workout:**

**Landmine Squats**

**3×12**

**Hamstring Kickback**

**3×12 each leg**

**Straight Leg DB Deadlift**

**3×12**

**Cable Pullthrough**

**3×12**

**Leg Press**

**3×12**

**Box Jumps**

**3×10**

**Sled Push**

**3×50 ft.**

## **Eiza Gonzalez Home Workout w/ Band:**

***\*\*Feel free to do this workout w/ no band. You can sub all w/o the band, and do glute kickbacks w/ straight legged donkey kicks\*\****

**Warm Up:**

**Stretch**

**Jump Rope**

**5×60 seconds**

**Workout:**

**Banded Air Squats**

**3×12**

**Banded One Legged Glute Bridge**

**3×12 each leg**

**Plank to Push Ups**

**3×12**

**Standing Banded Glute Kickbacks**

**3×12**

**Donkey Kicks**

**3×12**

**Fire Hydrants w/ Band**

**3×10**

**Forearm Planks**

**3×60 seconds**

## **Eiza Gonzalez Activity Workout:**

**Now this part is crucial!**

*Eiza Gonzalez is extremely active. Along with her nutrition, this is truly what keeps her in shape (due to caloric burn/activity level).*

Here are some of the activities that Gonzalez chooses when it comes to her fitness regime:

- Rock Climbing
- Surfing
- Stand Up Paddleboarding
- Training on Surfboard/Paddleboard
- Hiking
- Pilates
- Yoga
- Boxing

With this selection, and more, get out there and use your fitness!

You can also check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.