

GINA RODRIGUEZ WORKOUT ROUTINE



Bonus PDF File
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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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GINA RODRIGUEZ WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

I'm going to program you 3 days of lifting (push, pull, legs), and also give you plenty of mixed martial arts programming to choose from. You can choose to add this in throughout the week (maybe push, then MMA, then pull, then MMA, then legs, then MMA, then rest), or on top of your training.

Video Link:

[**SHJ YouTube Workout Guide**](#)

Gina Rodriguez Workout: Push Day

Warm Up:

Stretch

10-15 min incline walk or elliptical

Workout:

Circuit One:

A. Arnold Press

3×10

B. Upright Rows

3×10

C. DB Shoulder Front Raises

3×10

Circuit Two:

A. Incline DB Press

3×10

B. Standing DB Chest Fly

3×10

C. Push Ups

3×10

Circuit Three:

A. Cable Pushdowns

3×10

B. Cable Overhead Extension

3×10

C. Cable Kickbacks

3×10

Gina Rodriguez Workout: Pull Day

Warm Up:

Stretch

10-15 min incline walk or elliptical

Workout:

Circuit One:

A. Lateral Pulldowns

3×10

B. Cable Rows

3×10

C. Push Ups

3×10

Circuit Two:

A. Bodyweight Rows

3×10

B. Dumbbell Curls

3×10

C. Hammer Curls

3×10

Circuit Three:

A. Chin Ups (assisted is fine)

3×10

B. DB Deadlift

3×10

Gina Rodriguez Workout: Leg Day

Warm Up:

Stretch

10-15 min incline walk or elliptical

Workout:

Circuit One:

A. Goblet Squat

3×10

B. Weighted Lunges

3×10

C. Cable Pullthrough

3×10

Circuit Two:

A. Leg Extension

3×10

B. Hamstring Curls

3×10

C. Step Ups

3×10

Circuit Three:

A. Leg Press

3×10

B. Calf Raises on Leg Press Machine

3×10

C. Unweighted Standing Calf Raises

3×10

Gina Rodriguez Mixed Martial Arts Training

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

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

The [Parkour Workout](#) (*Nightrunner*) designed by [Academy](#) member Felix also has bodyweight programming attached to it you should be utilizing on this day.

And the Daredevil workout also has some beginner Parkour as well.