

GINA CARANO WORKOUT ROUTINE



Bonus PDF File
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GINA CARANO WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

I'm going to be sharing some options for you to utilize. I'm going to give you a full body workout routine for inside the gym that you can utilize a few times a week, but I'll also be sharing some mixed martial arts routines, as well as other activities you can utilize to get in shape like Carano. Like many other celebs, Carano likes to switch it up so it really depends on what style you're going for. Have fun with it.

Gina Carano Workout: Full Body Gym Routine

Feel free to turn this into separate days which can consist of push, pull, legs or upper and lower body.

Warm Up:

20-30 minutes of varied cardio

Workout:

Superset One:

A. Incline DB Bench Press

3×10

B. Incline DB Hex Press

3×10

C. Standing Incline DB Flyes

3×10

Superset Two:

A. Arnold Press

3×10

B. Upright Rows

3×10

C. Front Raises

3×10

Superset Three:

A. Goblet Squats

3×10

B. Dumbbell Lunges

3×6 each leg

C. Glute Bridges

3×10

Superset Four:

A. KB Deadlift

3×10

B. Lateral Pulldowns

3×10

C. Bent Over Rows

3×10

Superset Five:

A. Cable Pushdowns

3×10

B. Cable Hammer Curls

3×10

C. Cable Kickbacks

3×10 each arm

D. Cable Bicep Curls

3×10

Gina Carano Workout Routine: Mixed Martial Arts Options

Carano says:

If I'm training for a fight I wake up in the morning and do cardio to warm up, like running on the treadmill or jumping rope, then shadow box for about 15 minutes, then do about two hours of sparring and technique. I repeat the same thing again at night.

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

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

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

Gina Carano Workout Routine: Alternative Activities

Another thing Carano says is:

If I'm not training, I like to do anything outdoors like hiking. If I don't have to be in the gym I usually don't want to be. I also do yoga and Pilates. Basically the two opposite extremes (laughs).

We see a lot of women opt for these things.

Consider:

- Hiking
- Pilates
- Yoga
- Sports like Tennis, Soccer, etc.
- Running Outside
- Spin Class
- Group Fitness Classes

Have fun with it!