

Amanda Gano's Routine



"Usually do 2 to 3 days of softball per week in addition to my gym workout..."



MONDAY

Day 1: Legs

- **Wide Stance Squats:** 3 sets of 15 reps
- **Walking Lunges:** 3 sets of 15 reps
- **Romanian Deadlifts:** 3 sets of 15 reps
- **Stiff-Legged Deadlifts:** 3 sets of 15 reps
- **Leg Curls:** 3 sets of 15 reps
- **Leg Extensions:** 3 sets of 15 reps (3 toes in, 3 toes out, 3 toes forward)
- **Lunges:** 3 sets of 15 reps
- **20 minutes of HIIT Sprints**

TUESDAY

Day 2: Back/Shoulders

- Superset:**
- **Front Lateral Raises:** 3 sets of 12-15
 - **Side Lateral Raises:** 3 sets of 12-15
 - **Upright Rows:** 3 sets of 12-15
 - **Bent Over Rows:** 3 sets of 12-15
 - **Lateral Pulldowns:** 3 sets of 12-15
 - **Pull-ups (Wide Grip):** 3 sets of 12-15
 - **Good Mornings:** 3 sets of 12-15

WEDNESDAY

Day 3: Rest

DAY OFF

THURDAY

Day 4: Biceps/Triceps

- **Preacher Curls:** 3 sets of 12-14
- **Alternating Dumbbell Curls:** 3 sets of 12-14
- **Decline Skull Crushers:** 3 sets of 12-14
- **Tricep Extension With Pulley:** 3 sets of 12-14
- **Cable Curl:** 3 sets of 12-14
- **Close-Grip Bench:** 3 sets of 12-14
- **20 minutes of HIIT or 30 minutes on the Step mill at level 10-12**

FRIDAY

Day 5: Chest/Hamstrings/Abs

- **Hanging Leg Raises:** 3 sets of 15 reps,
- **Lying Leg Curls:** 3 sets of 15 reps
- **Side Bridge:** 2 min. front, 2 min. each side
- **V-ups:** 3 sets of 20 reps
- **Bench Press:** 3 sets of 12 reps
- **Cable crossovers:** 3 sets of 15 reps
- **Dumbbell Flyes:** 3 sets of 12-15 reps
- **Dumbbell Push Press:** 3 sets of 15 reps

SATURDAY

Day 6: Rest/Cardio

SUNDAY

Day 7: Rest/Cardio