

HI, BEAUTIFUL!



THANK YOU SO MUCH FOR YOUR SUPPORT, I CREATED THIS GUIDE FOR EVERY SINGLE PERSON WHO FEELS LOST IN THE GYM OR JUST NEEDS AN EXTRA PUSH TO CHALLENGE THEMSELVES. THIS WORKOUT GUIDE SHOULD BE DONE AT YOUR OWN PACE, REST WHEN YOU FEEL TIRED BUT DONT GIVE UP! I HOPE TO CHALLENGE YOU BY PROIVING THIS GUIDELINE FOR YOU BUT AT THE END OF THE DAY YOUR RESULTS ARE UP TO YOU. YOU NEED TO PUT IN THE WORK, I CAN'T DO IT FOR YOU!

I HOPE YOU ENJOY IT AND DONT FORGET TO SEND ME YOUR
TRANSFORMATION PICTURES TO
SALES@DANIMUNOZFITNESS.COM

Let's do this!

HOW TO STAY CONSISTENT

EVERYONES BIGGEST STRUGGLE IS STAYING MOTIVATED AND CONSISTENT. YOUR FIRST MISTAKE IS LOOKING OUTSIDE OF YOURSELF FOR MOTIVATION, IM THE FIRST PERSON TO TELL YOU THAT MOTIVATION COMES AND GOES. YOU HAVE TO BE DISCIPLINED!

WHAT'S THE REASON YOU PURCHASED THIS PLAN? CHANNEL THAT ENERGY AND ESTABLISH DISCIPLINE. DON'T STOP UNTIL YOU REACH YOUR GOAL.

FINISH EVERY SUNDAY BY WRITING DOWN HOW YOUR WEEK WENT AND WHAT YOU WANT YOUR NEW WEEK TO BE LIKE, GO ON THE "NOTES" APP ON YOUR PHONE AND PLAN OUT YOUR MEALS, OUTFITS AND FIND A GOOD PLAYLIST TO WORKOUT TO DURING THE WEEK!

FITNESS MYTHS

EVERYONE THAT STARTS WORKING OUT ALWAYS HAS THE SAME MISCONCEPTIONS WHEN IT COMES TO GETTING IN SHAPE, I'M SURE YOU'VE HEARD ALL OF THE ONES I'M GOING TO MENTION BELOW! THEY ARE SIMPLY JUST MYTHS.

YOU CAN'T EAT PAST 6PM - MYTH. YOUR BODY DOESN'T KNOW WHAT TIME IT IS AND WON'T START DIGESTING ANYTHING SLOW BASED ON THE TIME UNLESS YOU'RE SLEEPING. EATING PAST 6PM IS CRUCIAL ESPECIALLY IF YOU'RE TRAINING IN THE EVENING! *THIS ONLY APPLIES IF YOU'RE NOT DOING INTERMITTENT FASTING, IF YOU FAST AND YOUR FAST ENDS AT 6PM ITS OKAY TO STOP EATING BUT IF YOU'RE JUST A REGULAR PERSON TRYING TO LOSE WEIGHT ITS NOT NECESSARY TO STOP EATING PAST A CERTAIN TIME!

LIFTING HEAVY WEIGHTS WILL MAKE YOU BULKY - MYTH. WOMEN DO NOT PRODUCE ENOUGH TESTOSTERONE TO GET NEARLY AS BIG OR SHREDDED AS A MAN DOES. UNLESS YOU ARE TAKING PERFORMANCE ENHANCING DRUGS, YOU WILL NOT LOOK "MANLY"

EATING CARBS IS BAD - MYTH. JUST LIKE EVERYTHING ELSE IN LIFE, IF YOU HAVE TOO MUCH OF SOMETHING ITS BAD FOR EXAMPLE, IF YOU HAVE TOO MANY CARBS YOU CAN GAIN WEIGHT, IF YOU HAVE TOO MUCH FAT YOU CAN GAIN WEIGHT, IF YOU HAVE TOO MUCH PROTEIN YOU CAN GAIN WEIGHT! SO MY POINT IS, IF YOU EAT CARBS IN MODERATION AND BASED ON YOUR GOALS, THERE'S NO NEED TO CUT THEM OUT COMPLETELY!

REMOVING CARBS IS THE ONLY WAY TO LOSE WEIGHT - MYTH. YOU DON'T HAVE TO CUT THEM OUT ALL TOGETHER! JUST REDUCE YOUR MACRONUTRIENT INTAKE AS A WHOLE AND GO INTO A DEFICIT - CALORIC DEFICIT MEANS YOU'RE EATING LESS THAN YOUR BODY IS BURNING.



NUTRITION

NUTRITION WILL MAKE OR BREAK YOUR GOALS! I'M SURE YOU'VE HEARD EVERYWHERE THAT YOU CAN'T OUT TRAIN A BAD DIET AND THAT IS TRUE. BE HONEST WITH YOURSELF AND WHAT YOU PUT IN YOUR BODY, REMEMBER OUR GUT AND OUR DIGESTIVE SYSTEM PLAY A HUGE PART IN HOW WE FEEL.



HOW YOU SHOULD BE EATING IF YOU WANT TO GAIN WEIGHT/MUSCLE:

CALORIC SURPLUS MEANING YOU SHOULD BE EATING MORE THAN YOUR BODY IS BURNING THROUGHOUT THE DAY. YOUR MEALS SHOULD BE CARBS, PROTEIN/FATS AND VEGGIES. CARB MEALS SHOULD BE EATEN 3-4 TIMES A DAY.

HOW YOU SHOULD BE EATING IF YOU WANT TO LOSE WEIGHT/LEAN DOWN:

CALORIC DEFICIT, MEANUNG YOU SHOULD BE BURNING MORE THAN YOU'RE EATING THROUGHOUT THE DAY. YOUR MEALS SHOULD BE MORE PROTEIN/FATS/VEGGIES/ONE-TWO CARB MEALS A DAY.

THE IMPORTANCE OF CARBS, PROTEIN & FATS

CARBS:

There are two types of carbs, simple and complex. Complex carbs digest slower, they are things like potatoes, bananas and rice! The slower digestion is what will help us stay alert and fuller for longer reducing cravings.. Simple carbs digest faster, provide a rapid rush of energy and an immediate boost in blood sugar. These are things like sugar, soda and candy. Simple carbs should be limited in your diet because they also come with cravings and increased in carbs that won't benefit you. The majority of your carb calories should come from complex carbs. Carbohydrates are the body's main source of energy and should never be cut out completely.

PROTEIN:

Protein are the building blocks of your body, your body uses protein to build and repair tissues/muscle after you workout. Protein keeps you fuller for longer, it lowers blood pressure & helps your body fight infections.

FATS:

Fats are essential for protecting our heart and brain health. When I talk about fats I don't mean unhealthy/processed fats, I'm talking about good fats, like the ones in your grocery list! When used in your everyday diet you will feel more energized and it will help you stay fuller for longer if you are on a low carb diet.



ECTOMORPH



MESOMORPH



ENDOMORPH

BODY TYPES

BODY TYPES PLAY A MAJOR ROLE IN HOW WE LOOK AT OUR NUTRITIONAL BREAKDOWN. DIFFERENT BODY TYPES REQUIRE DIFFERENT MACRONUTRIENT BREAKDOWNS AND HAVE DIFFERENT ENERGY EXPENDITURES. THE THREE GENERAL BODY TYPES ARE ECTOMORPH, MESOMORPH AND ENDOMORPH, WITH MANY PEOPLE FALLING IN-BETWEEN (ECTO/MESO OR MESO/ENDO).

ECTOMORPHS HAVE A LIGHTER BONE STRUCTURE AND A SMALLER FRAME. ECTOMORPHS FIND IT VERY HARD TO GAIN WEIGHT, WHETHER THAT BE MUSCLE OR BODY FAT. THEY HAVE AN EXTREMELY FAST METABOLISM AND THEIR BODY REQUIRES AN OVERALL HIGHER CALORIE INTAKE AND A GREATER NEED FOR CARBOHYDRATES TO PREVENT MUSCLE CATABOLISM.

MESOMORPHS TEND TO BE MUSCULAR, STRONG, ATHLETIC, HARD-BODY TYPES WITH WELL-DEFINED MUSCLES, BROAD SHOULDERS AND A DENSE BONE STRUCTURE. THEY GENERALLY HAVE LITTLE TROUBLE GAINING MUSCLE OR LOSING BODY FAT. MESOMORPHS CAN HANDLE A MODERATE LEVEL OF CARBOHYDRATES DUE TO THEIR AMPLE CAPACITY TO STORE MUSCLE TO GLYCOCEN. HOWEVER THEY STILL NEED TO MAINTAIN THEIR CARBOHYDRATE INTAKE AND CALORIES AS WEIGHT GAIN CAN OCCUR IF TOO HIGH.

ENDOMORPHS ARE BEST DESCRIBED AS SOFT AND TYPICALLY HAVE A ROUND OR PEAR-SHAPED BODY WITH A STOCKY BUILD AND A SLOWER METABOLISM. ENDOMORPHS HAVE THE POTENTIAL TO PUT ON A LOT OF MUSCLE, BUT THEY ALSO TEND TO CARRY MORE ADIPOSE TISSUE AND THEREFORE HAVE A GREATER TENDENCY TO STORE FAT. IF AN ENDOMORPH'S CARBOHYDRATE INTAKE IS TOO HIGH, THE EXCESS CARBOHYDRATES END UP AS FAT WHICH MAKES IT DIFFICULT FOR THEM TO GET LEAN AND LOSE WEIGHT.

UNDERSTANDING HEALTHY EATING & STRUCTUTING YOUR MEALS

IF YOU WANT TO GAIN WEIGHT:

YOU SHOULD BE EATING

- 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT EACH DAY.
- 2 GRAMS OF CARBS PER POUND OF BODY WEIGHT EACH DAY.
- 1 GRAM OF HEALTHY FATS PER 3 POUNDS OF BODY WEIGHT EACH DAY.
- 2 OF YOUR MEALS SHOULD INCLUDE A PORTION OF VEGGIES.

IF YOU WANT TO LOSE WEIGHT:

You should be eating

- 1.2 grams of protein per pound of body weight each day.
- 1 gram of carbohydrates per pound of body weight each day.
- 1 gram of healthy fats per 5 pounds of body weight each day.

*you can get the exact number of calories on myfitnesspal or a macro calculator online.

GROCERY LIST

CARBS

JASMINE RICE
BROWN RICE
RED POTATO
SWEET POTATO
OATMEAL
CREAM OF RICE
WHOLE GRAIN BREAD
POTATO BREAD
QUINOA
COUS COUS
BANANA
APPLE
ORANGE
STRAWBERRIES
WATERMELON
NON STARCHY VEGETABLES

PROTEIN

CHICKEN
TUNA
SALMON
SHRIMP
COD
GROUND CHICKEN
GROUND TURKEY
TOFU
TEMPEH
BEANS
LENTILS
GARBANZO
GROUND BEEF
FLANK STEAK

FATS

AVOCADO
DARK CHOCOLATE
FISH
ALL NUTS
CHIA SEEDS
OLIVE OIL - I LOVE TO COOK WITH
THIS.
COCONUT OIL
YOGURT - NON DAIRY.

SNACKS

POPCORN
EDAMAME
APPLE & ALMOND BUTTER
CELERY WITH LOW FAT RANCH
COTTAGE CHEESE
STRING CHEESE
HARD BOILED EGG

SUPPLEMENTS:

BITION
PROBIOTIC
MACCA ROOT
APPLE CIDER VINEGAR PILL OR
LIQUID



EATING OUT & STAYING ON TRACK

CHEAT MEALS/TREAT MEALS: are so so neccessary to not only stay sane but they help in muscle preservation and strength maintanence. I reccomend having one cheat meals a week if you're trying to lose fat and two or three if you are trying to gain weight!

ALCOHOL: I would reccomend keeping it to one or two jack & diet coke or save the heavy drinking for holidays/special events. alcohol is extremely high in sugar and calories.

PLANNING AHEAD: Everytime I'm going out to a restaurant i look at the menu beforehand to arrive with what I want in mind and avoid any of the tempting options on the menu. You can enjoy yourself when you go out but also keep your goals in mind. Remember I dont want you to diet, I just want you to make healthier choices.

THE IMPORTANCE OF SLEEP

SLEEP.

A good nights sleep helps

- *Repair your body
- *Improve memory
- *Lower stress levels
- *Imrove creativity
- *Support muscle growth and development
- *Maintain your immune system.

Hunger is controlled by two hormones: Leptin and Ghrelin. Ghrelin stimulates the appetite while Leptin decreases it. When you're sleep deprived your Grehlin levels rise, it slows down your metabolism and causing you to eat more hence the weight gain.

BEAUTY TIPS

MY GO TO PRODUCTS:

MY SKINCARE AND HAIR REGIMEN ARE EVERYTHING TO ME
ESPECIALLY WITH TRAINING 5-6 DAYS A WEEK, SWEATING ALL WEEK
CAN REALLY MESS UP YOUR SKIN AND HAIR IF YOU DONT TAKE CARE
OF YOURSELF PROPERLY!

I TRAIN IN THE MORNING SO WHEN I WAKE UP I ONLY WASH MY FACE
WITH COLD WATER, PUT SOME OLEHEN RISKEN VITAM C EYECREAM ON
AND SOME PCA SKIN SUNSCREEN.

AFTER I TRAIN I WIPE MY FACE WITH A REFRESHING FACE WIPE (ELF
HAS AN AMAZING POST WORKOUT ONE) AND I GO HOME, APPLY MY
CLEANSER AND MY MOISTURIZERS/SERUMS.

IN THE EVENING I SHOWER AGAIN AND I USE A HYDRATING BODY WASH
+ I APPLY MY FAVORITE BODY LOTION FROM VASELINE!
I WASH MY HAIR ONCE A WEEK & IVE BEEN AVOIDING HAIR TIES
BECAUSE THEY PUSH YOUR HAIRLINE BACK AND DAMAGE YOUR HAIR!
DRY SHAMPOO IS A LIFE SAVER.



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STRETCHING AND GLUTE ACTIVATION

Stretching keeps your muscles flexible, strong and healthy. We need that flexibility in order to maintain a range of motion in the joints. Without it muscles shorten and become tight therefore making them weak and unable to extend all the way when you do any physical activities. Stretch before & after training!



Cobra Abdominal Stretch /
Old Horse Stretch



Gluteus / Glute / Gluteal
Stretch



Shoulder Stretch



Standing Quadricep Stretch



Wide Arm Chest Stretch /
Reverse Butterfly Stretch



Straight-Leg Calf Stretch
IMAGE CREDIT WORKOUTLABS.COM

WHY DO WE ACTIVATE OUR GLUTES?

80% of people sit down all day for work, meaning your glutes are constantly relaxed and not being used making it a bit harder to feel them working when you go workout! The gluteus maximus (booty) is the biggest muscle in the body and is also one of the most declined unless you are training them religiously.

Here are some of my favorite glute activators to wake your booty up and speed up gains:

DO 2 SETS OF 15 REPS EACH

side to side step
lateral kicks
squat pulses
glute kickback
banded hip thrust

PRE WORKOUT SNACK IDEAS

BANANA WITH PEANUT BUTTER
COTTAGE CHEESE
1 SLICE OF BREAD + PEAUNUT BUTTER
BLUEBERRIES
OATS WITH WITH BERRIES

POST WORKOUT MEAL IDEAS

CHICKEN BREAST + SWEET POTATO WITH CINNAMON
1 SCOOP OF PROTEIN (VEGAN)
GRILLED SALMON WITH 1/2 AVOCADO + RICE
GROUND TURKEY + RICE

HOW YOU SHOULD STRUCTURE YOUR MEALS

IF YOU TRAIN IN THE MORNING

WAKE UP: DRINK MACCA + PROBIOTIC
MOVE THE MEALS AROUND DEPENDING ON YOUR SCHEDULE. ALWAYS EAT CARBS AFTER YOUR WORKOUT. IF YOU EAT LESS THAN 4 TIMES MAKE SURE YOU ARE EATING PROTEIN WITH EVERY MEAL.

1ST MEAL: PROTEIN, FATS
2ND MEAL: PROTEIN, CARBS, FATS, VEGGIES
3 MEAL: PROTEIN, FATS, VEGGIES.
SNACK

IF YOU TRAIN IN THE EVENING

WAKE UP: DRINK MACCA + PROBIOTIC
MOVE YOUR MEALS AROUND DEPENDING ON WHEN YOU TRAIN. ALWAYS EAT CARBS AFTER YOU TRAIN. NO MATTER HOW LATE.

1ST MEAL: PROTEIN, FATS, VEGGIES
2ND MEAL: PROTEIN, VEGGIES
3RD MEAL: PROTEIN, CARBS, VEGGIES.
SNACK

CARDIO FOR FAT LOSS

| MONDAY | WEDNESDAY | FRIDAY | SATURDAY |
|-------------|-------------|-------------|-------------|
| 25-30MIN | 25-30MIN | 25-30MIN | 25-30MIN |
| JUMP ROPE | JUMP ROPE | JUMP ROPE | JUMP ROPE |
| ELLIPTICAL | ELLIPTICAL | ELLIPTICAL | ELLIPTICAL |
| STAURMASTER | STAURMASTER | STAURMASTER | STAURMASTER |
| TREADMILL | TREADMILL | TREADMILL | TREADMILL |
| RUNNING | RUNNING | RUNNING | RUNNING |

CARDIO FOR WEIGHT GAIN

| MONDAY | WEDNESDAY | FRIDAY |
|-------------|-------------|-------------|
| 15-20MIN | 10-15MIN | 15 MIN |
| JUMP ROPE | JUMP ROPE | JUMP ROPE |
| ELLIPTICAL | ELLIPTICAL | ELLIPTICAL |
| STAURMASTER | STAURMASTER | STAURMASTER |
| TREADMILL | TREADMILL | TREADMILL |
| RUNNING | RUNNING | RUNNING |

WEEK 1-3

MONDAY: QUADS & HAMSTRINGS

| EXERCISE | SETS | REPS |
|---|------|---------|
| Kettlebell Squat | 4 | 10 |
| Kettlebell Swing | 4 | 10 |
| Kettlebell Walking Lunge | 4 | 10 |
| Kettlebell single deadlift | 4 | 10 |
| Burn out: Jump Squats, Jump Lunges, Burpees | 4 | 20 each |

WEEK 1-3

TUESDAY: BACK & BICEP

| EXERCISE | SETS | REPS |
|------------------|------|------|
| Band Pull Aparts | 4 | 20 |
| Push Ups | 4 | 15 |
| Single arm row | 4 | 10 |
| Reverse Flys | 4 | 10 |
| Hammer curls | 4 | 10 |
| 21's | 3 | 40 |

WEEK 1-3

WEDNESDAY: GLUTES & CALVES

| EXERCISE | SETS | REPS |
|------------------------|------|------|
| Banded side walks | 4 | 20 |
| Glute Bridges | 4 | 10 |
| Single Leg glue bridge | 4 | 10 |
| Banded squat | 4 | 10 |
| Banded Lunge | 4 | 10 |
| Banded Jump Squats | 1 | 100 |

WEEK 1-3

THURSDAY: BICEP & TRICEP

| EXERCISE | SETS | REPS |
|---------------------------|------|------|
| Bench/Chair dips | 4 | 20 |
| Bicep curl | 4 | 30 |
| Overhead Tricep extension | 4 | 10 |
| Tricep Kickbacks | 4 | 12 |
| DB cross overs | 4 | 10 |
| DB Hammer curls | 1 | 15 |

WEEK 1-3

FRIDAY: CONDITIONING

| EXERCISE | SETS | REPS |
|--------------------|------|------|
| Bear crawls | 3 | 20 |
| Tuck Jumps | 3 | 20 |
| Burpees | 3 | 20 |
| Plyo Jumps | 3 | 20 |
| Squat to togethers | 3 | 20 |
| Shoulder Taps | 3 | 20 |

WEEK 4-6

MONDAY: QUADS & HAMSTRINGS

| EXERCISE | SETS | REPS |
|------------------|------|----------|
| Goodmornings | 4 | 10 |
| DB Reverse Lunge | 4 | 10 |
| Split squat | 4 | 10 |
| Lying clam | 4 | 10 |
| Lunge walks | 4 | 20 steps |
| Wall sits | 3 | 1 minute |

WEEK 4-6

TUESDAY: BICEPS & TRICEPS

| EXERCISE | SETS | REPS |
|-------------------------|------|------|
| Sitting bicep curls | 4 | 10 |
| Curl with exercise band | 4 | 12 |
| Dips | 4 | 15 |
| Triceps Kickbacks | 4 | 12 |
| Diamond push ups | 4 | 10 |

WEEK 4-6

WEDNESDAY: GLUTES & CLAVES

| EXERCISE | SETS | REPS |
|--|------|-----------------|
| Banded Hip Thrusts | 4 | 8 each leg |
| Jump Lunges | 4 | 10 |
| Banded walks | 4 | 10 |
| Squat Trio Feet wide Feet close Feet shoulder width | 4 | 10 each version |
| Butt kicks | 4 | 30 seconds |
| Calve raises | 4 | 15 |

WEEK 4-6

THURSDAY: BACK & SHOULDERS

| EXERCISE | SETS | REPS |
|----------------|------|--------------|
| Lateral Raises | 4 | 8 each leg |
| Reverse Fly | 4 | 10 |
| Superman | 4 | 10 |
| Upright rows | 4 | 10 |
| Shoulder trio | 4 | 10 each move |

WEEK 4-6

FRIDAY: CONDITIONING

| EXERCISE | SETS | REPS |
|---------------|------|-------|
| Monster walks | 3 | 1 min |
| Duck Walks | 3 | 1 min |
| Jump Lunges | 3 | 1 min |
| DB Thrusters | 3 | 1 min |