



GETTING STRONGER AND HEALTHIER FULL BODY MONTH 1

<https://wefake123.github.io/index.html>

Congratulations for being here today and having made the decision to start with this full body program month #1, your body is your responsibility and with your health.

Let's do it together!! Remember that discipline and perseverance will be the key to seeing good results as well as hard work

and patience since every process takes time, but little by little the changes will give you the motivation to continue giving everything in each routine. It is important that you take photos now at the beginning

of this program and then at the end compare and see how your body evolved.

Don't forget to send me these before and after photos so we can review them together. davidtorres.fitness1@gmail.com



Also remember that you should rest between 7 and 8 hours each night since the muscle repairs and grows when we rest. As well as maintaining a good diet in the process. If you are interested in helping you with a more specific program for you and guiding you in the diet you can send me an email davidtorres.fitness1@gmail.com I already have my personalized training available by video call, in this way I am already training people around the world who are seeing incredible results while learning from the process. There I will be able to guide you with technique, breathing, speed of movement and push yourself so that each exercise counts and feels it as it should be, avoiding injuries. We will perform this routine in the order that is here or you can make some changes in the order depending on how the body feels on the day you are training. Don't forget to first warm up for at least 10 minutes on a machine such as the treadmill, elliptical climber and do some mobility exercises.



DAY 1 LEG WORKOUT

- Bulgarian squat. 4 sets X12 reps. (keep the body bent forward)
- Zumo squad holding a dumbbell in front of you. 4x10
- Hip thrusts 4 seties X 10
- Leg Curls machine 4x10
- Donkey quick with 4x15 band
- Adductor machine 4x12 super series with abductor machine 4x12

DAY 2 (CHEST AND BICEPS)

- Inclined chest dumbbell 4x10
- Flat chest dumbbell 4x10
- Peck deck machine 3x10
- Chest Tilted Machine 4x10
- Biceps curls 3x12 in super series with bicep hammer 3x10
- Preacher curl machine 3x10 or with barbell on machine



DAY 3 (ESPALDA/TRICEP)

- Pull-ups: 4 sets × 15
- T-bar rows: 4 sets × 12-15 reps
- Seated rows : 4 sets x 20 reps maximo peso y la ULTIMA SERIA DROP SET
- Wide grip pulldowns (grip slightly wider than shoulder width): 3 sets x 10-12 reps
- RollTricep pushdowns 3 sets x 12-15 reps / super set with roll overhead for triceps.
- 3 sets 12-15 reps
- Overhead dumbbell triceps extension (use 2 hands) 3 sets x 8-10 reps
- Seated machine dips 4 sets x 15 reps maximo peso
- and at the end 6-minute ABS routine.

DAY 4 (GLUTES AND LEGS)

- Deep Squats 4x10
- Leg Curls machine 4x10
- Crab walk with the resistance band. Two steps to the right and two steps to the left (that counts as one rep. Do 10 reps x3 sets
- Leg extentiones 4x12 in super series with 15 short squats with the body weight (that means you go down deep but only go up halfway)
- Walking Longes con barra 3 x12
- Adductor machine 4x12 super series with abductor machine 4x12



DAY 5 (SHOULDERS AND CALVES)

- Dumbbell side lateral raises 4 x 10-12 reps
- Esta la combinás con Seated barbell overhead press 4 x 10-12 reps
- Barbell front raises 4 x 10-12 reps
- Reverse pec fly machine (for rear delts) 4 x 10-12 reps
- Barbell or dumbbell shrugs 4 x 10-12 reps
- Standing calf raises 5 x 10-12 reps Maximum pesos Seated calf raises 5 x 10-12 reps Maximum pesos.



IMPORTANT RECOMMENDATIONS

1. If you don't know the exercise you can put the name on youtube/google and it will show you a short video of the movement (in the same way you can always send me an email if you have any questions)
2. Perform a 5-10 minute mobility routine before starting the workouts
3. The super set is two exercises that are done combined one after the other without resting between them. Example: You perform exercise 1 and immediately exercise 2 then rest for about 30 seconds 1 minute before starting set number two
4. Rest between sets for 1 minute to 1 minute and 30 seconds. Optimize time
5. Always work the first set with moderate weight and in each subsequent set increase the weight by making the third and fourth sets as much weight as you can without damaging the technique.



6. Perform controlled exercises, do not do them too quickly, the idea is that you feel the focus on the muscle. 7. Eat a good meal right after your workout. 8. Consuming creatine helps create 5g muscle mass every day after training in water and can be consumed even on non-training days. 9. Hydrate enough, your muscles need to be hydrated to grow healthy. 10. If you want to perhaps lower the fat percentages a little, I recommend that you then combine the training routines with 20 minutes of cardio at the end of them. On the stair climber or incline treadmill.



You will perform this training routine with discipline and focus, I recommend that you change it to part two in about 6 weeks so that you can see more and more results

You will perform this mobility routine before the leg.



<https://youtu.be/-szFKVkwSEE>

And This one after every routine no matter what you trained



<https://youtu.be/8VMDPkgmFiy>



DISCREIMER

You should consult your doctor or other healthcare professional before starting this or any other exercise program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you've ever experienced chest pain when exercising or have experienced chest pain during the past month when you weren't physically active, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this exercise program if your doctor or health care provider advises against it. If you experience fainting, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately.



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