



LEG ROUTINE WITH A FOCUS ON GLUTES

MONTH 1

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

Excellent that you are here and that you have made the decision to start with this training program focused on buttocks month #1, with which we will see great results in your body. Remember that discipline and perseverance will be the key to seeing good changes, just as remember that this is a process that takes time, hard work and patience. 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.

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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 at least 10 minutes on a machine such as the treadmill, elliptical climber and do some mobility exercises



ROUTINE DAY 1

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

ROUTINE DAY 2

- Deep Squats 4x10
- Leg Curls machine 4x10
- Crab walks 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 extension 4x12 in super series with 15 short squats with the weight of the body (that means you go down deep, but you go up only halfway)
- Walking Lunges con barra 3 x12
- Adductor machine 4x12 super series with abductor machine 4x12



ROUTINE DAY 3

- Bulgarian squat. 4 sets X12 reps. (keep the body bent forward)
- KAS hip thrusts holding 3 seconds when going up 4x10
- Cable glute kickback 3X12
- Seated leg curls 4x10 super series with Crab Walk with resistance band. Two steps to the right and two steps to the left (that counts as one rep. Do 10 reps x3 sets
- Abductor machine 4x12 super Adductors machine 3x12

Send me photos at the program of your before and after to see your progress.



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 4 weeks so that you can see more and more results



You will perform this mobility routine before the leg routine:



<https://youtu.be/szFKVkwSEE>

This one after each weight workout 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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