



LEG ROUTINE FOCUS ON GLUTES MONTH 2

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

Excellent that you are here with all the energy to continue with our second month of training, with which we will see great results in your body. Remember that discipline and perseverance will be the key to continue seeing results. 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 for at least 10 minutes on a machine such as the treadmill, elliptical climber and do some mobility exercises.

Perform each routine with the two-day intermission so that the leg recovers and you have 100% energy to give it your all again for the next workout.

Example (Monday-Thursday-Saturday)
(Tuesday-Thursday-Sunday)



ROUTINE 1

- Hip thrusts 4 series X 10
- Zumo squad holding a dumbbell in front of you. 4x10
- RDL with dumbbell on one leg 3x10
- Donkey quick with 4x15 machine
- Leg curls lying on a machine. 4x10
- Abductor machine 10 repetitions with the body bent forward and immediately 10 more repetitions with the back supported sitting or sitting normally. 4 sets equal to that.

ROUTINE DAY 2

- Deep Squats 4x10
- Lunges moving 3x12. Every time you take the next step, don't let your body stretch all the way up, always stay slightly bent over or crouched so that there is constant tension in the muscle.
- 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 extensions 4x12 in super series with 15 short squats with the body weight (that means you go down deep, but you go only halfway)
- Adductor machine 4x12 super Series with abductor machine 4x12



ROUTINE DAY 3

- Bulgarian squat. You will perform 10 holding the two dumbbells, release one and take out 10 more, release the other and do 10 more with the weight of the body, in total there are 30 for each leg. (You repeat this 3 times with each leg)
- I have this exercise in my Instagram highlights. Very efficient.
<https://www.instagram.com/davidtorres.fit/reel/C2yUa0QsZOT/>
- Hip Thrusts Holding 3 Seconds When Going Up 4x10
- Legion Commander One Leg 3x10
- 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 ·bd
- uctor machine 4x12 super series con abductor machine 4x12



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 weight workout no matter what you trained



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



DISCIMER

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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