



GETTING STRONGER AND HEALTHIER. FULL BODY 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. 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 PIERNA.

- Bulgarian squad holding a weight with the hand of the foot that is on the ground. 4X12-10 maximum weight
- 4X12 extension leg in super series with 4X12 dumbbell walking with each leg
- Leg curls with independent legs 3X12 maximum weight last 4 series drop set
- Kick machine 3X12 maximum weight. in super series with squats only body weight but short to the bottom you only go up to half 3x20
- Abductors & Calf 4x12



DIA 2 HOMBRO/ TRAPECIO/ ABDOMEN.

- Military barbell press 3sets 10- 12reps
- Upright Row 3 sets 12reps
- Side cufflinks for shoulder 4sets 8-12reps
- Front flights for shoulder with dumbbell 4 sets 10 reps
- Traps
- Barbell Shrug 4 sets X 12-15reps · Smith Machine Behind-the-Back Shrug 4-5 sets 12reps



https://youtu.be/vmNgwwSL12Ui=lqWWxoTYXZoo3_jX



DAY 3 CHEST AND TRICEPS

- Barbell bench press 4-5 sets
10reps
- Inclined 45 degree dumbbell
bench press 4sets 10reps
- Pec deck machine 3 sets x 12
repetitions super series 10 push
ups
- Cable cross-over 4 sets 12 reps
- Declined on machine or bar 3x12
- Skullcrusher 4-5sets 10-12reps
- Push-Down Cable 4sets x 15 reps
in super set with Bench dip 4sets
• (20max reps)
- Tricep dumbbell kick one arm at a
time 3x10



- **DAY 4 BACK AND BICEPS**
- Back
- Pull-Up 4-5sets all that you can do without the help of the machine or with a little help on the assisted machine.
- Deadlift 4-5sets 10-12 reps
- Lat Pull-Down 4sets 10-12reps
- Seated Row with Long Bar 4sets 10-12 reps slowly and controlled
- Biceps
- Cable Curl 4sets with Curved Bar 10- 12 reps in Super Series with Dumbbell Hammer . 4 x 10
- Dumbbells curl 4 sets X 10rep



DAY 5 LEG WORKOUT

- Bulgarian squad holding a weight with the hand of the foot that is on the ground.

4X12-10 maximum weight

- Step up 12 repts each leg, holding dumbbells in your hands. Maximum weight 3 sets

- 4X12 super set leg extension with 4X12 dumbbell walking lunges with each leg

- Leg curls with independent legs 3X12

Maximum weight last 4 series drop set

- Buttock Bridges 4x12

- Abductors and calf

- 4x12



[https://youtu.be/vmNgwwSL12U?
si=IqWWxoTYXZoo3_iX](https://youtu.be/vmNgwwSL12U?si=IqWWxoTYXZoo3_iX)



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 each weight workout no matter what you trained



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



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.



This site provides health, fitness, and nutrition information and is designed for educational purposes only. You should not rely on this information as a substitute for, and does not replace professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a doctor or other health care professional. Do not ignore, avoid, or delay obtaining medical or health-related advice from your health care professional because of something you have read on this site. Use of any information provided on this site is solely at your own risk. Advances in medical research may affect the health, fitness, and nutrition advice listed here. There can be no guarantee that the advice contained on this site will always include the most recent findings or developments with respect to particular material.

