



**GETTING STRONGER AND HEALTIER
3 MONTHS PROGRAM
FULL BODY**

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

Congratulations for being here today and having made the decision to start with this 3-month full body program, your body is your responsibility and 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 each month 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.



MONTH 1 PROGRAM

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 series 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 (BACK/TRICEP) Pull-ups: 4 sets x 15 T-bar rows: 4 sets x 12-15 reps Seated rows : 4 sets x 20 reps maximum weight and last set 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 maximum peso and at the end 6-minute ABS routine.

DAY 4 (GLUTES AND LEGS) 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 extensions 4x12 in super series with 15 short squats with the body weight (that means you go down deep but only go up halfway) Walking Lunges 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.
- Super set with Seated barbell overhead press 4 x 10-12 reps Barbell front raises 4 x 10-12 reps Reverse pec deck fly machine (for rear deltoid) 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.



MONTH 2 PROGRAM

- **DAY 1.** 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 ABS



[https://youtu.be/vmN_gwwSL12U?
si=IqWWxoTYXZoo3_iX](https://youtu.be/vmN_gwwSL12U?si=IqWWxoTYXZoo3_iX)



DAY 3 (CHEST AND TRICEPS)

Barbell bench press 4-5 sets 10reps

Inclined 45-degree dumbbell bench press 4sets 10reps

Pec deck machina 3 sets x 12 repetitions super series 10 push ups

Cable cross-over 4 sets 12 reps

Declined on machine or bar 3x12

Skull crusher 4-5sets 10-12reps

Push-Down Cable 4sets x 15 reps in super set with Bench dip 4sets

(20max reps)

Triceps dumbbell kick one arm at a time 3x10

DAY 4 (BACK AND BICEPS)

Pull-Up 4-5sets all that you can do without the help of the machine or with a little help on the assisted machine.

Pull down machine close grip 3x12

Seated rows one hand at the time 3 sets x 12 reps maximum weight and last set DROP SET

Deadlift 4-5sets 10-12 reps

Lat Pull-Down 4sets 10-12reps.

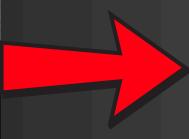
Seated Row with Long Bar 4sets 10-12 reps slowly and controlled

Cable Curl 4sets with Curved Bar 10-12 reps in Super Series with Dumbbell Hammer 4 x 10

Dumbbells curl 4 sets X 10reps



DAY 5 (LEG WORKOUT) Bulgarian squat holding a weight with the hand of the foot that is on the ground. 4X12-10 maximum weight Step up 12 repetitions 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 ABS



https://youtu.be/vmNgwwSL12Usi=lqWWxoTYXZoo3_iX



MES 3 PROGRAM

DIA 1 (BACK AND SHOULDERS)

Wide-Grip Pull-Up super set con

Wide-Grip Lat Pulldown 4 x12

One-Arm Dumbbell Row 4 x10

T-Bar Row 3 x10. hit it with a good weight.

Elevated Cable Rows 5x 12 controls movement

Side overhangs in super series with fronts (shoulder)3x12

Maximum Weight

shoulder press.3x10

DIA 2 (CHEST BICEP)

Wide-Grip Barbell Bench Press 4 X12 SUPER SERIE con
push ups 4X10

Incline Dumbbell Press 4 X10 SUPER SERIES with

-Dumbbell Flys 3 X 15

Decline bench press

Dips - Chest Version 4 X 10

Cable Crossover 4 X12

Machine Preacher Curls 3 X12 SUPER SET WITH

-dumbbell Hammer 3x10 pesos maximum



DAY 3 (LEG, GLUTES AND CALVES).

Calf Press + Smith Machine Calf Raise (superset) 4 X 15+15

Bulgarian Squad in Drop Set Here's how you should do it

<https://www.instagram.com/davidtorres.fit/reel/C2yUa0QsZOT/>

(10 with the two dumbbells, 10 loose and you take it out with one and 10 more without dumbbells only with the weight of the body.

Both legs are the same)

3 SETS WITH EACH LEG.

Leg Extension 3.x10 ultima in drop set (10-10-10)

Zumo squads 3x12

Lying Leg Curls 3 X12/10/8

donkey kicks machine 3x12 maximum weight

Abductors for gluteus 10 leaning the body forward and then 10

more with the back supported X 3 SETS

DAY 4 (BICEP AND TRICEP)

Wide-Grip Standing Barbell Curl 4X 12

Machine Preacher Curls 3 X12 IN SUPER SERIES WITH HAMMER

3x10.

Flexor Incline Dumbbell Curls 3 X10 35 perform this one with the bench at 45 degrees

Reverse Barbell Curl 4 X12

Lying Close-Grip Barbell Triceps Extension Behind the Head 4 X12

Lying Dumbbell Triceps Extension 3 X10 you are going to increase the weight at each repeat

Triceps Pushdown - V-Bar Attachment 4 X10 SUPER SERIE WITH

Triceps Overhead Extension with Rope 3 X 12



DAY 5 (LEG WORKOUT)

Squats on the 3 X 12 bar all the way down controlling the movement

Single-Leg Leg Extension 3 X 12 Space and Controlled!

Barbell Lunge 3 X 12.12.10 (The Ones you Are Walking)

Leg Press 3 X 10

Lying Leg Curls 3 X 12,10,8

Seated Leg Curl 3 X12 10,8

Barbell Deadlift 4 X15 perform it slowly and controlling the movement

Calf Press + Smith Machine Calf Raise

(superset) 4 X 15+15 squeeze your calves at the top for 2 seconds on each rep.

Let's focus on this routine, if you have any questions about the exercises let me know.



IMPORTANT RECOMMENDATIONS

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) Perform a 5–10-minute mobility routine before starting the workouts 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 Rest between sets for 1 minute to 1 minute and 30 seconds. Optimize time 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.



Perform controlled exercises, do not do them too quickly, the idea is that you feel the focus on the muscle. Depend of how your body feel you can eat something before your workout like 40 minutes before Consuming creatine helps create 5g muscle mass every day after training in water and can be consumed even on non-training days. (always ask to your doctor about it) Hydrate enough, your muscles need to be hydrated to grow healthy. 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 Here is the leg movement routine (do it before training)



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

And it's after every 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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