



Hello everyone how are you? It's been a long time since I didn't publish an ass-kicking workout, after the success of the previous workouts in which many of you still use today to train today is a magical day, like Christmas, indeed it's Christmas! it seems yesterday that we lived our daily lives without worrying about what the future might hold in a short period we found ourselves facing a global pandemic, where it was evident the effectiveness of physical activity in order to face all these infections that affect our immune system, mainly affecting subjects who are in an ideal physical state to cause serious damage up to death, these subjects mainly overweight subjects with previous pathologies has meant that the virus could act undisturbed by finding a way already fertile where to sneak up and proliferate, therefore it is essential as always to follow an adequate nutritional plan as well as a progressive daily training plan, preserving as much as possible from everything that could be a conflict of interest for one's well-being, so let's come to us, this new training plan aims to strengthen our self immune system by strengthening it as a bit all physical activity does for many factors, which is simply the blood oxygenation, the strengthening of the cardiac walls and the heart itself, which is the lowering of bad cholesterol, which is to strengthen our entire system skeletal muscle, which is to start all those anti-inflammatory and endorphin processes, in short, physical activity and life, and psycho-physical well-being and there is no other better medicine than the prevention and cultivation of one's longevity in health in the right measures and balances.

The training takes place in 4 sessions with weights in the gym, morning active cardio sessions, 2 day rest or only cardio low intensity, even here we can adapt our training as we like to feel able to lift the 'intensity bar, the fundamental key of this training and this the intensity, generate a stimulus such that our body acts instinctively to work in order to recover and improve our physical condition for subsequent workouts I thought of 3 intensive techniques for this workout to further improve muscle stimulation as muscle development and toning is the goal of this workout.

So let's see our training in detail and then make all the changes you want according to your level of training.



Day 1

Early morning cardio without breakfast, you can drink 1 coffee, take some bcaa, some glutamine.

20 MINUTE CARDIO SESSION, IT IS POSSIBLE TO RUN, RIDE, CLIMB OR ELLIPTICAL AND IT IS IMPORTANT TO KEEP THE BEATS IN A RANGE OF 150 BPM.

POSTWORKOUT IT IS IMPORTANT TO EAT BREAKFAST WITH SIMPLE PROTEIN FOODS AND CARBOHYDRATES.

WEIGHTS TRAINING WILL TAKE PLACE IN THE FIRST AFTERNOON OR IN THE EVENING AND IT WILL BE SO COMPOSED:

CHEST – BICEPS - ABS

BENCH PRESS BARBELL – 5X12-10-8-6-5 (PYRAMID LOAD) - REC. 2'

CHEST PRESS MACHINE – 4X12 (SUPER SLOW 4" DOWN) - REC. 2'

PARALLEL PRESS HIGH BENCH DUMBBELL- 4X15 - REC. 2'

CROSS OVER CABLES – 1X6-8-10-12-MAX (STRIPPING)

CURL EZ - 5X 12-10-8-6-6 (PYRAMID LOAD) - REC. 2'

CURL CUMBBELL BENCH 45° - 4X12 - REC. 2'

CURL HUMMER DUMBBELL 1X6-8-10-12-MAX (STRIPPING)

CURL SCOTT BARBELL – 4X12 - REC. 2'

CRUNCH FITBALL – 4X15 - REC. 30"

LEG RAISES STATION – 4X15 - REC. 30"



Day 2

Early morning cardio without breakfast, you can drink 1 coffee, take some bcaa, some glutamine.

20 MINUTE CARDIO SESSION, IT IS POSSIBLE TO RUN, RIDE, CLIMB OR ELLIPTICAL AND IT IS IMPORTANT TO KEEP THE BEATS IN A RANGE OF 150 BPM.

POSTWORKOUT IT IS IMPORTANT TO EAT BREAKFAST WITH SIMPLE PROTEIN FOODS AND CARBOHYDRATES.

WEIGHTS TRAINING WILL TAKE PLACE IN THE FIRST AFTERNOON OR IN THE EVENING AND IT WILL BE SO COMPOSED:

QUAD – BACK - ABS

SQUAT BARBELL – 5X12-10-8-6-5 (PYRAMID LOAD) - REC. 2'
DUMBELL LUNGE ALTERNATE - 4X12 (SUPER SLOW 4" DOWN) - REC. 2'
LEG EXTENSION 1X6-8-10-12-MAX (STRIPPING)

LAT MACHINE FRONT – 5X12-10-8-6-5 (PYRAMID LOAD) - REC. 2'
ROW BARBELL - 4X12 (SUPER SLOW 4" DOWN) - REC. 2'
ROW T-BAR - 1X6-8-10-12-MAX (STRIPPING)

REVERSE CRUNCH FITBALL – 4X15 - REC. 30"
CRUNCH BENCH – 4X15 - REC. 30"



Day 3

Early morning cardio without breakfast, you can drink 1 coffee, take some bcaa, some glutamine.

20 MINUTE CARDIO SESSION, IT IS POSSIBLE TO RUN, RIDE, CLIMB OR ELLIPTICAL AND IT IS IMPORTANT TO KEEP THE BEATS IN A RANGE OF 150 BPM.

POSTWORKOUT IT IS IMPORTANT TO EAT BREAKFAST WITH SIMPLE PROTEIN FOODS AND CARBOHYDRATES.

WEIGHTS TRAINING WILL TAKE PLACE IN THE FIRST AFTERNOON OR IN THE EVENING AND IT WILL BE SO COMPOSED:

SHOULDER – TRICIPES – ABS

**MILITARY PRESS – 5X12-10-8-6-5 (PYRAMID LOAD) - REC. 2'
SIDE RAISES DUMBELL - 4X12 (SUPER SLOW 4" DOWN) - REC. 2'
FRONT RAISES EZ BENCH 45° - 4X12 - REC. 2'**

**PUSH DOWN BAR - 5X12-10-8-6-5 (PYRAMID LOAD) - REC. 2'
ROPE FRONT EXTENSION - 4X12 (SUPER SLOW 4" DOWN) - REC. 2'
FRENCH PRESS - 1X6-8-10-12-MAX (STRIPPING)**

**SIT UP – 4X15 - REC. 30"
CRUNCH TWIST – 4X15 - REC. 30"**



Day 4

Early morning cardio without breakfast, you can drink 1 coffee, take some bcaa, some glutamine.

20 MINUTE CARDIO SESSION, IT IS POSSIBLE TO RUN, RIDE, CLIMB OR ELLIPTICAL AND IT IS IMPORTANT TO KEEP THE BEATS IN A RANGE OF 150 BPM.

POSTWORKOUT IT IS IMPORTANT TO EAT BREAKFAST WITH SIMPLE PROTEIN FOODS AND CARBOHYDRATES.

WEIGHTS TRAINING WILL TAKE PLACE IN THE FIRST AFTERNOON OR IN THE EVENING AND IT WILL BE SO COMPOSED:

FEMORAL – CALF – ABS

**ROMANIAN DEADLIFT – 5X12-10-8-6-5 (PYRAMID LOAD) - REC. 2'
LEG CURL LYING DOWN - 4X12 (SUPER SLOW 4" DOWN) - REC. 2'
LEG CURL STANDING - 1X6-8-10-12-MAX (STRIPPING)**

**CALF SINGLE WITH DUMBBELL – 4X12 (SUPER SLOW 4" DOWN) - REC. 2'
CALF LEG PRESS 1X6-8-10-12-MAX (STRIPPING)
CALF SEATED – 4X12 - REC. 2'**

**CRUNCH OBLIQUE DUMBBELL – 4X15 - REC. 30"
CRUNCH ROPE HIGH CABLE – 4X15 - REC. 30"**



SOME FURTHER ADVICE

Obviously the recovery as the exercises can be modified, it is possible to decrease the recovery times and increase the series according to your level of training especially in the stripping techniques, in the 2 days of rest it is possible to do low intensity cardio even 30-40 ', for those who have low sugar or can't stand cardio training on an empty stomach, it is ideal to have a small carbohydrate meal at a distance of at least 40' - 1 hour from training, and basically follow a diet combined with this development to support from its intensity and in order to obtain the desired results, fundamentally the right partition of carbohydrates and proteins at each meal by reducing them in the evening and preferring the sources of good fats, the supplements that can be combined are obviously isolated proteins, omega 3-6-9, citrulina, creatine, bata alanine, pre - post workout bcaa - post workout glutamine.