



**#OMBOOTY**  
ULTIMATE CHALLENGE

# #OmBooty ULTIMATE CHALLENGE

## !!THANK YOU FOR BUYING OUR GLUTE CHALLENGE!!

We are super happy to have you with us in our ultimate OmBooty challenge!! If it's the first program you've bought from us, WELCOME to the OmFamily! We would love to help you transform your body even more so please don't hesitate to reach out to us on our web page: [www.omtwiins.com](http://www.omtwiins.com) or any of our social media @om\_twiins. Excited to be part of your fitness + vegan journey!

### IMPORTANT:

Before continuing, please read the following:

- Take pictures (before and after) and body measurements, they will help you stay motivated throughout the challenge, as well as see what areas have improved and where we need to work more.  
- Don't forget to share them with us, so we can help you more.
- Remember that diet is a crucial factor to see results, so go to the supermarket for fresh veggies, prepare and plan your meals every week. Remember to drink plenty of water (3 to 4 liters a day)
- Always "warm up" before starting your routine. We include a basic warm-up in this guide. You can change it and mix it, but make sure you always do a proper warm-up for a minimum of 5 to 10 minutes.
- Use a stopwatch when you train. In each exercise, rest between 45 - 60 seconds if you want to focus on fat burning, or rest for 1 to 2 minutes if you are looking to increase muscle mass (you must add weight too).  
--- This step is very important to make the most of your time and see results in your workouts.
- Always aim to activate the muscle and get a PERFECT FORM before lifting heavy. Be patient and trust the process <3

We recommend viewing all videos and images of each exercise before starting each routine. Carefully observe the position of our hands, legs and feet to avoid injuries; any additional questions do not hesitate to contact us by email, social media or WhatsApp.



-----  
This program is designed to be repeated. The strength and results we obtained in Vol.1 and Vol.2 (previous challenges) will be our foundation to continue developing and shaping our glutes.

**OUR MISSION:** Continue to grow muscle mass at the same time that we lower body fat % , as well as giving quad and hamstrings more focused workouts to get nice toned legs!!  
-----

Always listen to your body, if you feel you need to add another rest day or change your training to another day, you can always do it, and just pick off where you left next time you hit the gym.

But do your best to stick to the program and give your 100%. Make sure you get enough rest (at least 6 to 8 hours), eat properly (your glutes NEED a lot of fuel to grow!), especially before and after your workouts, stay hydrated and most important enjoy the process. Only this way will you obtain impressive long-lasting results.

With this ready, all you have to do now is: follow the workouts in the calendar until you finish the whole challenge. (Remember that to see real results you must be consistent and disciplined so no cheating!)

If work or time starts to interfere and you can't exercise every day, don't worry, and just follow the calendar in order. Take your time and enjoy each day of your guide ... This is YOUR time of the day to devote to your well-being and health! Let your "ME-TIME" start <3

!!!WISHING YOU SUCCESS AND MANY #OmBooty GAINS!!!

## IMPORTANT – READ BEFORE STARTING

There is always a risk of injury when performing any training routine or physical activity, including weights or bodyweight routines. By performing this program/challenge you are agreeing to accept **FULL RESPONSIBILITY** for your actions and results,

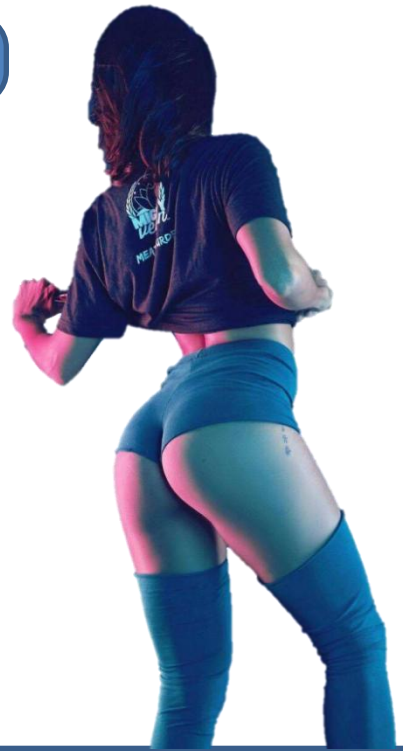
This document should not be taken as medical advice, and it's not intended to treat, diagnose, care or prevent any health problem. Neither does it replace the advice of a doctor or physician. We suggest you go to a doctor you trust for a health assessment and accreditation before you perform any training program.

Eileen and Gilian Reichert are not responsible for any injuries that may occur during this challenge or any other Om Twiin Program.



## CONTENT IN THIS GUIDE:

- ✓ Anatomy of the gluteal area
- ✓ Key concepts
- ✓ Equipment that you will require
- ✓ Training calendar
- ✓ Written routines to activate your glutes
- ✓ Eating tips (vegan)
- ✓ Choose personal goal:
  - Bulk, Shred, Maintain
- ✓ OMT Transformation photos (motivation)
- ✓ Contact information for any questions
- ✓ And so much more!



## THE GLUTES

In this COMPLETE GUIDE FOR GLUTES we wanted to give you all the tools you need to make your buttocks grow to the fullest, so we recommend that you take some time before starting, to read the following information ... This way you will better understand how your muscles work and you will be able to exercise them more effectively.

IT IS IMPORTANT TO REACH ... CONNECTION BETWEEN MIND → MUSCLE

## MORE THAN JUST A SEXY PEACH ... YOUR GLUTES HELP YOU WITH:

IMPROVE YOUR  
PHYSICAL  
PERFORMANCE



BETTER  
POSTURE



IMPROVE YOUR  
BALANCE



MOVE YOUR  
BODY!

DECREASE  
PAIN IN:  
BACK  
KNEES  
HIP



MOVEMENT  
AMPLITUDE



Extension

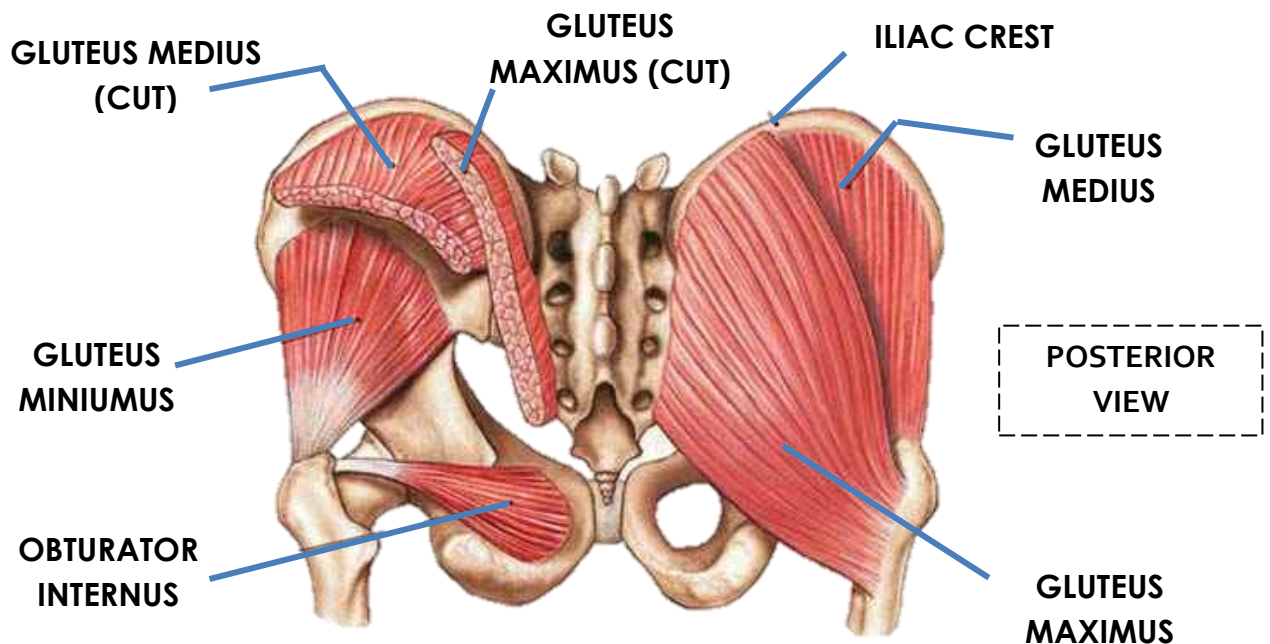
Flexion

Creado por Eileen y Gilian Reichert -- "Om Twins" --  
Todos los derechos reservados. Ninguna parte de este documento puede ser reproducida o modificada sin nuestro consentimiento previo por escrito.





# ANATOMY:



**THE GLUTES-** Are very important muscles for their vital function on our body but especially our lower body. Since they provide mobility and stability to our pelvis and spine.

The gluteal area is composed mainly by three main muscles:

**GLUTEUS MAXIMUS:** It is found in the superficial layer. It is a powerful, bulky and very strong muscle. "It is the one that gives our peach that big, perky and firm look"

Its main function → Hip extension; that is done when we perform the movement of bringing the thigh back. This action is helped by other muscles such as the hamstrings

The Gluteus Maximus also performs the function of:

- External hip rotation.
- Stabilizing the pelvis, preventing it from leaning forward.
- Raises and holds the pelvis
- Acts as extensor and rotator of the femur

**GLUTEUS MEDIUS:** It's the main abductor muscle of the hip, it acts separating the thigh, taking it outwards. Performs functions of abductor and rotator of the femur and also helps the stability of the pelvis.

**GLUTEUS MINIMUS:** It is a much smaller muscle, deeper and less powerful than the previous ones. It acts like the gluteus medius, performing hip separation, but it is weaker than the medius. It also serves as abductor and rotator of the thigh. "This is the one that makes our buttocks look more lifted"



# KEY CONCEPTS:

Although the anatomy of the gluteal area was very summarized, (we could go on and on talking about these and other muscles that intervene when training the glutes but this is a great start) ... now we can have more understanding about the types of exercises that will help this area develop and grow as humanly possible.

But before getting into the routines, we will share with you some extra key concepts we highly suggest you keep in mind when training this area:

**MUSCLE ACTIVITY** - During an exercise, this is achieved when muscle tension occurs. This is super important to achieve for an effective stimulus that will help the muscle to grow,

- Low muscle activity = Low muscle tension = Low stimulation
- Greater muscle activity = Higher tension = Higher stimulus

**RANGE OF MOVEMENT (ROM):** Route that performs an exercise. The higher the range of motion, the greater work the muscle needs to perform so it can complete it. (Therefore your recovery time is greater - that is why it is vital to pay attention to your rest periods)

**CONCENTRIC OR POSITIVE PHASE:** It is when the muscle shortens and concentrates (gets smaller in size) when contracting. These are the exercises that go *against gravity*.

**EXCENTRIC OR NEGATIVE PHASE:** It is when the muscle lengthens. So it creates a high muscle contraction, metabolic demand and increased hypertrophy. The exercises are in *favor of gravity*.

#OmTip: That's why this phase should be much slower than the concentric phase to avoid gravity do the work of lowering the weight for you... SO ALWAYS REMEMBER → **S+S = SQUEEEZE + SLOOOOW** ←

**MAXIMUM TENSION:** Contractile action of a muscle, it studies the contraction, length and time that is exerted on the muscle when performing a movement.

**MUSCLE PROTEIN SYNTHESIS** - Process to build muscle mass, this rises in the recovery and adaptation phase (see below) thanks to this process is how the body achieves the main objective of this booty guide... "Rebuilt" and "make bigger" and stronger muscles!!



## MUSCLE CURVE (S-R-A)

This curve dictates how often we should train our buttocks to get them to grow and develop properly.

Each letter emphasizes an important part in the growth process of our muscles:

**S**

**STIMULUS PHASE** - During a training session, the muscle is "broken down"; this would be the stimulus for growth. Because of this, the functional size of the muscle, the part of the muscle that can still contract, decreases...

**R**

**RECOVERY PHASE** - It is the next step, where the body will then rebuild the broken muscle (caused by the stimulus)  
-The synthesis of muscle protein intervenes here-

**A**

**ADAPTATION PHASE** - After the body has finished rebuilding, it will try to prevent future muscle breakdown by building a bigger muscle than before. - AND THIS IS JUST WHAT WE WANT TO ACHIEVE!!

As a result, muscle is now more resistant to a future stimulus ... So you need one that is larger to perform another muscle curve and keep growing. (Repeating the process like this again and again)

## KEEP IN MIND THE FOLLOWING:

- If the stimulus is way too big and the body is not given enough time to recover and rest from it or, on the contrary, the stimulus is just too small, the muscle isn't trained with sufficient frequency and quantity ... then we could obtain results opposite to those we want.

How to avoid this: EASY...

## LISTEN TO YOUR BODY!!

It is normal to feel tired at the end of each training session (that is always a good indication that you gave your 100% in your routine) BUUUUT ... very different is that the following days feel fatigued, without energy, mood swings or with no desire to train whatsoever... this may be a sign (pretty clear) of OVER TRAINING.

If this happens lower the intensity and the weight in your next routine a bit and/or add another day of rest.



# 3 TYPES OF STIMULUS

THAT WE RECOMMEND YOU TO ADD IN EVERY GLUTE WORKOUT



When you feel that "burning" sensation in the muscle you're working on... THAT'S WHAT WE WANT! Burners are all those exercises that generate great metabolic stress in the body...

They are achieved by making sets with many reps. Using resistance bands or your own weight.

The recovery is very fast (24-48 hours) since, the range of motion (ROM), activity and emphasis on eccentrics is low (compared with the other stimulus below).

That is why you can train 6 times a week when doing HIGH FREQUENCY; just make sure you always feel that burn when you do the exercises.

**EXAMPLE OF BURNER: CLAMS**



Unlike the past type of exercise; Activators generate tons of muscle tension as a stimulus for muscle growth. When you add weight, these take more time to recover (48-72 hours).

Because they are exercises with HIGH muscle activity they are extremely effective, more if you take care of the concentric (positive) part of the exercise. The gluteus is working more when it contracts (final part of the movement).

**EXAMPLE OF ACTIVATOR: HIP THRUSTS WITH BARBELL**



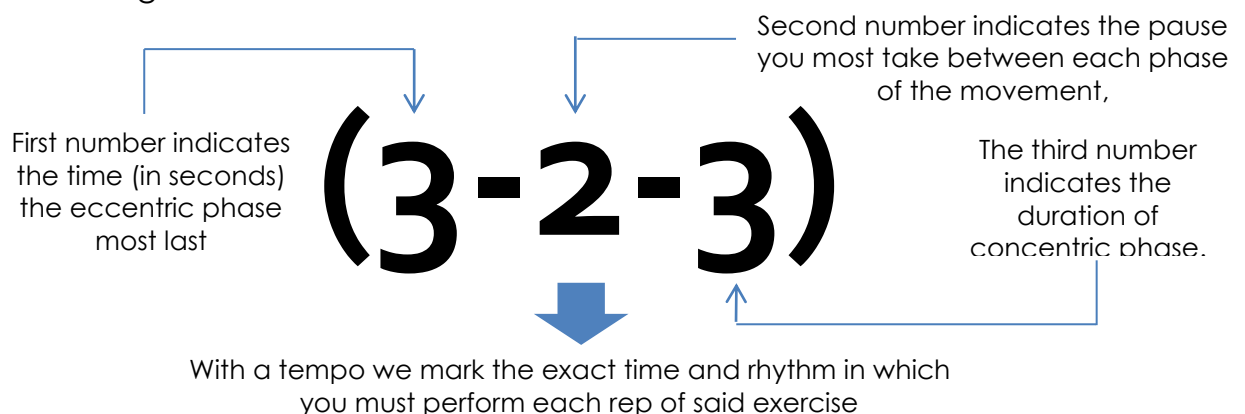


# TEMPOS

Training with "Tempos" involves slowing down, in a controlled manner, while doing repetitions of certain exercises; it can be applied in the gym with weights or even at home using your own body.

By performing the exercises in a controlled way, your muscles respond much better. Since you are more aware of the movement, your body and posture, you will be using other muscles, especially the mid-section of the body (abs) to keep everything in perfect form, which generates a greater calorie burn and helps tone faster.

So when you see in your routines an exercise followed by a parentheses and 3 numbers in it - divided by hyphens - you will know that we are indicating a TEMPO.



## EXAMPLE:

Hip Thrust (3-2-1)

It means that you will raise the weight off the floor in 1 second, holding and squeezing at the top of the movement for 2 seconds, before you return to the initial position (slowly – negative phase) in 3 second. That's 1 rep – repeat -.

## REMEMBER:

- **Concentric:** also called positive phase, it is the part of the movement where the muscle shortens or contracts.
- **Eccentric:** Also called negative phase, it is the part of the movement where the muscle is lengthening (stretching).

\*\*\* In both phases, the muscle contracts but with different effects... In free-weight exercises (squats, biceps curl, hip extensions, chest or shoulder press, paddles, etc.) the concentric phase is the one that goes against gravity and the eccentric phase in favor.



## IMPORTANCE OF CARDIO

Cardiovascular exercises like running, using the elliptical machine (treadmill, static bike, row machine), jump rope, cycling, swimming, etc. ... is better known as cardio; They are excellent for improving our physical endurance, but above all, it gives life to the most important organ of your body: YOUR HEART - ❤️

Cardiovascular exercises, also called aerobics, have great respiratory and circulatory benefits and can help you lose or maintain weight.

### MORE BENEFITS:

- Increases blood flow to the brain.
- Increases the production of endorphins, decreasing stress, depression and anxiety.
- It gives a lot of energy to the body.
- Improves the immune system.
- Reduces cholesterol and triglyceride levels.
- Help digestion, etc., etc. ... <3

## DIFFERENT TYPES OF CARDIO:

### HIIT = High Intensity Interval Training

It consists of interspersing periods where you will give your maximum effort followed by a rest time (regularly active rest)

Example: Sprints on treadmill

- Running for 45 seconds (work) + walking x time (rest=recover) + REPEAT

This type of cardio is very demanding, since you must give your 100% in the work times, but it can be very fun and perfect for moment when you don't have a lot of time to train.

We recommend doing HIIT 2 - 3 times a week, preferably when you train your abs or when you can separate it from your weight session (since this last one is basically already a very heavy HIIT session all on its own), to ensure that your body will have all the energy and time to recover and perform well in both workouts.

### MISS = Medium Intensity Steady State –

Type of cardio training done at constant rhythm/ medium intensity.

It is slightly similar to the LISS (next type of cardio) but it is slightly greater intensity but equally duration. Most people who do cardio in the gym do this frequency. You can spot them on the treadmill (for example) for 1 hour at the same pace and speed (they are not running - high intensity but they are not walking either - low intensity). Benefits are more less the same as LISS cardio and many people often confuse them or feel them equal in execution.



### **LIIS = Low Intensity Steady State or Low intensity constant rhythm**

This type of cardio should only be used as a complement to strength training (especially if what you are aiming for is gaining muscle mass... lifting heavy has to be your number one priority in that case).

We use this type of cardio to separate our weight lifting session with the abs and stretch routine often do it while fasting.

This type is also recommended for those who just started to add cardio to their routines and are not prepared for a very high intensity level, but want to stay active. Although we must be careful with the time we spend on cardio, it can get boring and interfere in our strength and muscle mass gains... we don't want that!

### **What cardio should you do?**

Always keep in mind your routine, and observe your energy levels ...

Example: If you are extremely exhausted after the weight session, maybe a HIIT would end up killing you (overtraining the body) so a session of LISS hours later could be the ideal option. But instead, if your routine was calm and you want to add more power and explosiveness to your workouts, a HIIT could be the best option.

**MOST IMPORTANT! :** Do the cardio you enjoy and love the most!

The time you spend doing any activity should always be with joy and excitement. Do it with determination and be present in the moment, so you can see the best results!!!!

## **BURNERS = FINISHERS:**

We love FINISHING our routines with that burning sensation on the muscles we are working on. So get ready to see them a lot on this third and final Volume of your OmBooty program, the reason: we want the muscles that we are focusing on (glutes specially) to always end up "swollen" and with a lot of blood pumping towards them. Studies show that this *muscle pump* creates metabolic stress within the muscle (thanks to its short ROM and high repetitions - see vol.1 to review this information) which creates repeated muscle contractions and blood accumulation; then muscle is forced to adapt and get bigger.

### **Recommendations when doing Finishers:**

Choose lightweight or resistance bands to perform the exercise. Focus on time or doing 20reps or more. Although at first you feel it's very light and/or easy ... at the end you most feel that burning sensation in the desired muscle. Try not to rest until you finish with reps or sets. (If you really have to stop – do it for 5-10 seconds and then keep going to avoid losing the pumping / burning sensation)



## OUR FAVORITE 3 GLUTE EXERCISES

---- OM TWIIN RECOMMENDED

### HIP THRUSTS (Hip lifts / Bridges / Frog pumps)

For us this is by far the best exercise to achieve strengthen and develop your glutes to its maximum, since it manages to isolate the buttocks creating great muscular tension in each repetition (especially in the positive part of the exercise- when you contract the gluteus) and does not compromise the back (as other exercises) which allows you to add much more weight safely.



Being an exercise that has many variations, it makes it a super fun and dynamic, easy to add to your routines.

It can be done at home or at the gym, with or without weight, adding resistance bands, vary tempos and loads, etc.

There are thousands of ways to work your glutes

using this movement – lifting hips. This can't miss in your routines.

[Click on image to see correct form and movement and different variations](#)

### ABDUCTIONS (Bench clams/clams/sited-squat)

This is one of our favorite exercises that never gets old. Since they are excellent to develop a great mind-muscle connection and quickly activate our glutes before adding weight or as finishers.



These exercises also have many modifications that will help you work your glutes from all possible angles, so do not hesitate to experiment with the position of the bands and the direction of your legs to find the greatest muscle activation. Do not forget to always squeeze the glutes at the end of the movement and keep your knees out.



## **SQUATS (Basic squats / Jump squat / Bounces)**

Finally, the favorite exercise of all gym rats - the squats - and this has many amazing reasons why.

The squats not only will work your glutes, but they will also help you develop your legs and strengthen in your whole body! Because they are a compound exercise that involves large muscle groups at once.

Squats are ideal in any routine: add weight to develop mass, adding explosiveness (jumping) to make it a great cardiovascular exercise or you can even do it at home with your own weight to tone and work your entire body.

But as with any other exercise you must be very careful with your form and posture, otherwise you can damage your knees and / or lower back and ruin its powerful effectiveness. Be in the moment while performing this exercise really concentrating on activating the glutes and not only your quads, so we can see many amazing results.

**Now you are ready to start this challenge... We wish you all the success and many OmBooty gains!**





# WHAT YOU WILL NEED:



**TO RECOVER FROM WORKOUTS**  
[VIDABIRDMAN PROTEIN](#)

**LOOP BANDS**  
OUR FAVORITE BRAND



[SKLZ – MINI BANDS](#)  
[CLICK HERE TO SHOP](#)



[FOAM ROLL](#)  
[CLICK HERE TO SHOP](#)



[YOGA MAT](#)  
[CLICK HERE TO SHOP](#)

**\*\* FOR LOW FREQUENCY WEEKS YOU CAN BE CREATIVE IF YOU WISH TO ADD WEIGHT (IF YOU'RE DOING THE CHALLENGE AT HOME) IN CERTAIN EXERCISES  
EXAMPLE- WATER BOTTLE, BACKPACKS, ETC ... \*\***

## #OMTIP:

For greater results: Sign up for a gym when you hit the SPLIT TRAINING + MAIN LIFTS weeks. Although all exercises can be done using your own weight and at home (making small changes), if you are looking to increase muscle mass it is essential to add weight.

We recommend that you study your routine before starting or heading to the gym, so be sure to open each link and watch the support videos so you can perform the exercises properly without hurting yourself.



# HOW TO DO THIS CHALLENGE

1. Prepare the equipment and study the routine before you start. Observe carefully the workout, number of sets, reps and equipment required before you start to save valuable time. Prepare yourself mentally to give all you got in each routine.



**SEND FRIEND REQUEST TO: @om\_booty\_vol3 (to view exercise videos)**

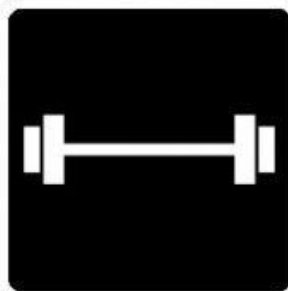
2. Begin each routine with a warm-up (minimum 10 minutes). Below we share our warm-up routine ... remember that this warm-up is only for the lower body, if you are going to train upper body you must warm up properly for this area to avoid injuries. You can perform your own routine or use this moment to stretch with your favorite yoga moves or even choose your favorite cardio machine. Whatever helps you activate and prepare your body!!

3. Follow the routine. For this challenge, we include exactly what to do for each day, adding routines for the whole body not only your glutes. After isolating and focusing all your attention on a single muscle group, it is time to integrate other areas to create good proportions and symmetry, achieving an aesthetic and pleasant appearance in all your body.

## 3 SIMPLE STEPS TO SUCCESS



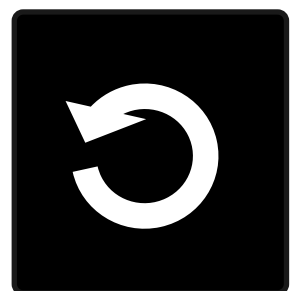
**EAT**



**WORKOUT**



**SLEEP**



**- ¡REPEAT! -**

Although there are three things we do EVERY day, it is very easy to neglect them; if we do not want our temple (our body) to collapse ... we have to take care of these 3 pillars!

So do not forget to read the information about food and sleep that comes after the written routines.

**GIVE YOUR 100% ON EVERYTHING YOU DO!**



# TRAINING CALENDAR

## FIRST WEEK – REBOOT WEEK – 7 TIMES GLUTES + WORKOUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GLUTES QUADS ABS	GLUTES BACK BÍCEPS	GLUTES SHOULDERS ABS	GLUTES HAMSTRINGS LOWER BACK	GLÚTES CHEST TRICEPS	GUTES BACK SHOULDER	GLUTES HIIT CORE

## 7 WEEKS – SPLIT TRAINING 2 TIMES GLUTES A WEEK

#OnTip



### DON'T FORGET TO DOCUMENT YOUR PROGRESS!

Take photos when you start your challenge.

Then choose one day a week (we love Sunday) to take pictures, measurements and prepare for the next week.

When you finish the challenge you will see a progression in photos of your transformation achieved in only 8 weeks!

**Please share your results with us!**

## BASIC WARMUP

EXERCISE	TIME/ REPS
TREADMILL / STAIR MASTER	5 minutes
FOAM ROLLER	2 minutes
SQUAT TO DEADLIFT	20 reps
LEG SWINGS 1	10 reps per leg
LEG SWINGS 2	10 reps per leg



# WRITTEN ROUTINES

## REBOOT WEEK → 7 TIMES A WEEK GLUTES

### WEEK 1 - MONDAY

**QUADS + GLUTES =** Pay attention to the table: if the exercises are in individual cells it means that you must perform just that exercise first (all the indicated sets and then move on to the next exercise in the table) ... until the routine is finished.

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Leg extension	15 reps	Max	4
Leg press (wide stance)	15 reps	Max	4
Hack squat	12 reps	10 +	3
Lunge	12 reps e/leg	10 +	3
Leg raise (ABS)	15 reps	Body weight	3
Bosu crunch (abs)	20 - 30 reps	Body weight	3

Clams	30 reps	Band	3
Squats pulses	30 reps	Band	3

For this last Volume, we will use the "burners" stimuli like FINISHERS a lot to close the routines. We will be ensuring in each routine to meet certain factors so that the muscle pump caused by the burners will help us contribute to muscle growth. So give your 100% and try to close your routines with a BANG!

### WEEK 1 - TUESDAY

**BACK + BÍCEPS + GLUTES =** When you see 2 or more exercises in the table without division between them (in the same box or cell) you must perform them in circuit or superset, finish all the indicated series and then continue.

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Pull ups / chin ups	5 – 10 reps	Body weight	3
Lat pulldowns	15 reps	Max	4
Band aparts	20 reps	Band	4
Seated row machine	12 – 15 reps	Max	3
Hammer curls	15 reps	5 +	3
Barbell row	12 reps	Max	3
Biceps curl - barbell	12 reps	Max	3
High row – back	15 reps	Max	3
Bicep curl – high cable	10 reps	Max	3

Agressive Clams	30 reps	Band	3
Floor bridges - pumps	30 reps	Band	3
Side mini step	15 reps e/side	Band	3
Side kicks	15 reps e/side	Band	3



## WEEK 1 - WEDNESDAY

**SHOULDERS + ABS + GLUTES =** When you see "Max" in the routine, it means that you should try to do the exercise with a weight that challenges you (taking into account the number of repetitions ... more reps = less weight), the last 2 repetitions should be hard. Do not get stuck at a comfortable weight, adding even 2.5lb each week makes a BIG difference in the long run.

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Lateral raises	15 reps	10 +	4
Front raises	15 reps	5 +	4
Wings	12 reps	10 +	4
Over Head Press = OHP	12 reps	10 +	4
Vertical row	15 reps	5 +	4
Inverted fly's	10 reps	Max	4

Crunch (x3) (abs)	15 reps	Body weight	3
-------------------	---------	-------------	---

Sitted abductions	30 reps	Band	3
Bench clams	30 reps	Band	3

## WEEK 1 - THURSDAY

**HAMSTRINGS + LOWER BACK + GLUTES =** don't forget to watch the support videos before starting your routine to correctly execute the movements. Remember to observe the table well, to follow correctly the indications (reps, sets and combinations of exercises)

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Leg curl (sitting)	15 reps	Max	4
Ball curl	15 reps	Body weight	4
Leg curl (lying down)	12 reps	Max	4
Hip thrust (Tabata)	30 sec work + 10 sec rest	Body weight	8

Back bows	20 reps	Body weight	3
Bird - Dogs	12 reps e/side	Body weight	3
Hyperextensions + 5 worms	10 + 5 reps	Max	3

Standing kickbacks +	20 reps	Band	3
Side kicks	20 reps	Band	3





## WEEK 1 - FRIDAY

### CHEST + TRICEPS + GLUTES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Bench press	15 reps	Max	4
Sitting extensions (triceps)	15 reps	Max	4
Flys (bench)	12 reps	Max	4
Lying triceps extensions	15 reps	Max	4
Chest on cable machine	12 reps	Max	3
Triceps lateral pull (cable machine)	10 reps e/side	Max	3
Triceps extensions (cable machine)	15 reps	Max	3
Rope pulldowns triceps	15 reps	Max	3

Donkey kicks – on 4	15 reps e/side	Band	3
Hydrants – on 4	15 reps e/side	Band	3
Abductions - on 4	30 reps	Band	3
Floor bridges (3 second pause)	20 reps	Band	3

## WEEK 1 - SATURDAY

### BACK + SHOULDERS + GLUTES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Pull ups	Until failure	Body weight	3
T - row	15 reps	Max	4
Apertures	20 reps	Band	4
Barbell row	15 reps	Max	4
OHP - barbell	12 reps	Max	4
1 hand dumbbell row	10 reps	10 +	3
TYI (3) – Bench (shoulders)	10x10x10	Max	3
Straight donkey kicks – bench	15 reps e/side	Band	3
Frog kicks – bench	20 reps	Band	3

## WEEK 1 - SUNDAY

**GLUTES + HIIT (CORE)** – Using a stop watch, perform each exercise for 40 seconds doing your maximum effort and then rest the necessary time (1 - 2 min max) just to recover and start all over again!

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Halfburpees	40 sec work + x rest	Body weight	2 - 3
3 Crunch + 3 Floor bridges	40 sec work + x rest	Band	2 - 3
Hyperextensions (glutes)	40 sec work + x rest	Body weight	2 - 3
Hyperextensions (lower back)	40 sec work + x rest	Body weight	2 - 3
Band Jump Rope	40 sec work + x rest	Bands	2 - 3



## SPLIT TRAINING – GLUTE MAX DEVELOP

### WEEK 2 – MONDAY

#### GLUTES + HAMSTRINGS + LOWER BACK

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Clams	30 reps	Bands	2 - 3
Hip thrust (2-2-1)	12 - 15 reps	Max	4
Bar abductions	20 - 30 reps	Band	4
Pull throughs (cable)	15 reps	Max	3
RDL – Rumanian Deadlift	15 reps	Max	3
Leg curl – 1 full + 1 pulse	15 reps	Max	4
Lying curl	10 – 15 reps	Max	3
Hip thrust (Swiss ball)	15 reps	Body weight	3
Ball curl (Swiss ball)	15 reps	Body weight	3

Back bow	15 – 20 reps	Body weight	3
Good morning	15 reps	Max	3

#### **FINISHER:**

Frog thrust / narrow thrust	Until failure	Band	2
-----------------------------	---------------	------	---

### WEEK 2 – TUESDAY

**BACK + BÍCEPS + CORE → HIIT =** Perform in a circuit, in blocks of 4 exercises each, do 40 seconds of work and then rest the time you need (30 sec - 1 min - 2 min maximum) to recover, so you can do each movement with the explosiveness and strength required in each round.

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Bicep curls	40 sec work + x rest	Max	3
Alternating rows	40 sec work + x rest	Max	3
Russian twists	40 sec work + x rest	5 +	3
Jump Rope	40 sec work + x rest	Body weight	3
<u>Bosu crunch or sit ups</u>	40 sec work + x rest	Bosu	3
Horizontal row	40 sec work + x rest	Bosu	3
Bosu crunch (alternating or crunch)	40 sec work + x rest	Bosu	3
Jump Rope	40 sec work + x rest	Body weight	3
Barbell curl	40 sec work + x rest	Max	3
Pull ups	40 sec work + x rest	Band	3
Plank	40 sec work + x rest	Body weight	3
Jump rope	40 sec work + x rest	Body weight	3



## WEEK 2 – WEDNESDAY

### SHOULDERS + ABS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Lateral raise	12 - 15 reps	Max	4
Leg raise (abs)	15 reps	Body weight	4
Frontal raise	12 – 15 reps	Max	4
Knee raise	15 reps	Body weight	4
OHP	15 reps	Max	4
Side bends (disc)	15 reps	10 +	4
Battle ropes	30 seconds	Rope	3
5 wall handstand/planks	5 reps	Body weight	3

## WEEK 2 – THURSDAY

### QUADS + GLUTES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Walking lunges	20 reps e/side	5 +	3
Leg extensions	8 - 12 reps	Max	3
Wall sits	30 – 40 seconds	Body weight	3
Hip thrust (band + weight)	8 - 12 reps	Max	3
Squat abductions (machine + band)	20 reps	Max	3
Mini walk (band)	20 e/side	Band	3
Squats (weight + band)	8 - 12 reps	Max	4
Duck walk (band)	15 for + 15 back	Band	4

Sitting calf	15 reps	Max	3
Standing calves (x3)	10x10x10 reps	Body weight	3
Press calf	15 reps	Max	3

About to finish the second week, you're amazing! ... Don't stop! Complementing your workouts with a good diet is what will give us all the results we are looking for, so make sure you don't neglect it. Remember that this guide includes the support of our vegan nutritionist @roxcalzada, take advantage of her great knowledge and guidance on the subject making a personal appointment with her (if you are in Guadalajara) or contact her through social networks or motivational chat of this challenge! To review or clarify doubts about your diet!

We are all here ready to support you in each step of this program, together we can achieve everything, keep it up!



## WEEK 2 – FRIDAY

### CHEST + TRICEPS + ABS = HIIT

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Bench press	40 sec work + x rest	5 +	3
Dips (bench)	40 sec work + x rest	Body weight	3
V-ups	40 sec work + x rest	Body weight	3
Jump Rope	40 sec work + x rest	Rope	3
Flys (cables)	40 sec work + x rest	Max	3
Triceps Kicks (Cables)	40 sec work + x rest	Max	3
Cable kicks	40 sec work + x rest	Max	3
Burpees	40 sec work + x rest	Body weight	3
2 bench push ups	40 sec work + x rest	Body weight	3
Bicycle crunch	40 sec work + x rest	Body weight	3

## WEEK 2 – SATURDAY

### BACK + SHOULDERS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Pull ups	Until failure	Body weight	3
Lat pulldowns (narrow grip)	15 reps	Max	3
Facepulls	15 reps	Max	3
Barbell row	10 reps	Max	3
OHP	10 reps	Max	3
Cable rotations (shoulder)	10 reps e/side	Max	3
Rear delt (dumbbells)	12 reps	5 +	3
Arnold press	15 reps	5 +	3
Battle ropes	30 seconds	Ropes	3

## SEMANA 2 – SUNDAY

**GLUTES –** The last exercise is performed in pyramid, higher reps = lower weight, so add weight in each set and decrease repetitions.

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Clams	30 reps	Band	3
Kickbacks (cable)	15 reps e/side	Max	3
Abductions (lateral)	20 reps	Band	3
Abductions (machine)	15 – 20 reps	Max	3
Sumo squat + narrow (2-2-2)	15 reps each	Max	3
Hip thrust (Pyramid)	15 – 12 – 10 -8	light->Max	3
Abductions – glutes down	20 – 30 reps	Band	3



## SPLIT TRAINING – GLUTE MAX DEVELOP

### WEEK 3 – MONDAY

#### TRICEPS + SHOULDERS + ABS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Extensions triceps (1 hand) - Cables	12 reps e/side	Cables	3
Cables kicks	15 reps	Cables	3
Push-ups (triceps)	Until failure	Body weight	3
Rope pulldowns (triceps)	15 reps	Max	3
Facepulls (hombro)	15 reps	Max	3
Rear delt (hombro)	15 reps	Max	3
Flys cable (90°) (1 hand)	10 – 15 reps	Max	3
Vertical row	12 – 15 reps	Cables	3

#### **FINISHER (ABS):**

Abs ball or row machine (x3)	10 reps e/exercise	Body weight	2
Burpees (pushup triceps)	5 – 10 reps	Body weight	2

### WEEK 3 – TUESDAY

#### CHEST + CALVES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Bench press (1 hand)	15 reps e/arm	Max	3
Pushup popups	10 – Until failure	Body weight	3
Svend press – disc	15 reps	Max	3
Flys	15 reps	Max	3
Slow sitting calves	15 – 20 reps	Max	3
Standing Calf (1 leg + weight)	10 reps e/leg	Max	3
Walking calf raises (+ weight)	20 reps	Max	3

### WEEK 3 – WEDNESDAY

**QUADS + GLUTES (HIIT) =** Make the last exercises in HIIT mode using a timer for the indicated period of time and to track your rest breaks,

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Leg extension	15 – 20 reps	Max	4
Jumping Squats	30 seconds	Body weight	4
Leg press – wide stance + 2 bands	12 – 15 reps	Max	3
Hip thrust – on leg press machine + band	15 reps	Banda	3
Abductions – on leg press machine + band	30 seconds	Banda	3
Around the world squat	5 "lap"	-	3
Vertical Leg press (band + smith)	15 reps	Max	4
Squat bounces (band)	30 seconds	Banda	4





## WEEK 3 – THURSDAY

### SHOULDERS + ABS + CALVES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
OHP (barbell)	10 – 15 reps	Max	3
Leg raise (barbell + floor) ABS	15 reps	Body weight	3
Lateral raises	15 reps	Max	3
Leg raise - ABS	15 reps	Body weight	3
Shoulder circles	15 reps	Max	3
Butt raises – ABS	15 – 20 reps	Body weight	3
Sitting calves	15 reps	Max	3
<a href="#">Standing calves – Smith machine</a>	15 reps	Max	3
Squat tipi-toes	15 reps	Body weight	3

## WEEK 3 – FRIDAY

### BACK + BÍCEPS + HIIT (CORE)

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Pull ups (hold 1 sec up)	10 or Until failure	Body weight	3
Australian Pull ups	10 or Until failure	Body weight	3
Close pull ups	10 or Until failure	Body weight	3
Alternating row	30 sec work + 10 s rest	Max	8
Alternating biceps curl	10 reps e/arm	Max	3
21's with Z bar	7x7x7 = 21	Max	3
Holds	4 minutes	Max	1

**HIIT (CORE)** = Using a stop watch, perform each exercise for 45 seconds and rest (only if necessary) 10 to 15 seconds –max- before continuing with the next exercise. You can rest 1-2 minutes after finishing the whole circuit before starting a new set.

Jump Rope	45 sec work + 15 sec rest	Rope	2
Leg raises (ABS)	45 sec work + 15 sec rest	Body weight	2
Jump Rope	45 sec work + 15 sec rest	Rope	2
Hyperextensions	45 sec work + 15 sec rest	Body weight	2
Jump Rope	45 sec work + 15 sec rest	Rope	2
V-ups + Swimmers	20 sec e/one + 15 sec rest	Body weight	2



## WEEK 3 – SATURDAY

**HAMSTRINGS + GLUTES =** When you see in the routine (+5) - it means that you should try to add a little more weight. Remember to leave your comfort zone and seriously push your limits so you can see bigger results!

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Nordic curl	5 - Until failure	Body weight	3
Lying leg curl	12 - 15 reps	Max	3
1 Leg – leg curl	12 reps each leg	Max	3
Deadlift (1 leg)	12 reps each leg	Max	3
Sumo deadlifts (2-2-1) *Slow tempo*	10 reps each leg	Max	3
Hip thrust long + short (Smith/barbell)	8 - 12 reps	+	3
Abductions (1 leg)	15 reps	+	3
Bench abductions	30 seconds	Band	3

## WEEK 3 – SUNDAY

**REST DAY –** For this day you can do an active rest, where you can go for a walk or jog, take a yoga or relaxation class or simply Netflix time to rest completely. Do not forget to eat well and stay hydrated so that your body can recover properly and be ready for the next week!



## TRAINING – GLUTE MAX DEVELOP

### WEEK 4 – MONDAY

#### BENCH + TRICEPS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Pull ups	Until failure	Body weight	4
Incline dumbbell row	10 – 15 reps	Max	3
Pull overs	12 – 15 reps	Max	3
Drop set – 1 arm row	3 drop sets e/side	Max	2
Lat pulldowns – extended arms	15 reps	Cables	3
Pulldowns (inverted grip)	15 reps	Max	3
Skull crushers - barbell	12 - 15 reps	Max	3
2 bench dips	Until failure	Body weight	3
Donkey kicks	15 reps	Cables	3
Triceps pushups	Until failure	Body weight	3

### WEEK 4 – TUESDAY

#### QUADS + GLUTES + CALVES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Leg press – narrow stance	8 - 12 reps	Max	3
Bulgarian squat	10 – until failure	Max	3
Pulse Lunges	20 reps e/leg	Body weight	3
Leg extension (1-3-1)	8 - 12 reps	Max	3
High step-ups	10 reps e/leg	Max	3
Hip thrust - wide stance – (2-6-2)	8 - 12 reps	Max	3
Open close Jump squat	20 reps	Body weight	3
Step downs – back machine	10 reps e/leg	Max	3
Abductions machine – (squat)	20 reps	Max	3

Standing calf raise (1 leg)	10 reps	Max	2 - 3
Calf raise (x3 turn) – leg press machine	10x10x10	Max	2 - 3



## WEEK 4 – WEDNESDAY

### **BÍCEPS + SHOULDERS + ABS**

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Preacher curl	12 – 15 reps	Max	3
Barbell curl	15 reps	Max	3
Hammer curls	15 reps	Max	3
Concentrated curls	10 reps e/arm	Max	3
Lateral raise (bench)	12 reps e/arm	Max	3
T (bench) + back pulses (bench)	10 reps e/exercise	2.5	3
OHP + Shrugs	10 reps e/exercise	Max	3
Alternating front OHP	failure – 2 minutes	Pyramid	1

#### **FINISHER (ABS):**

Double crunch (piso)	20 reps	Body weight	2
Knee tucks (Swiss ball)	12 reps	Body weight	2
Leg raise (incline bench)	10 - 15 reps	Body weight	2
<u>Butt raise + twist (floor)</u>	20 reps	Body weight	2

## WEEK 4 – THURSDAY

**CHEST + HIIT =** Make the next circuit using a stopwatch. Do 45 seconds of work in each exercise and quickly change to the next until you finish all of them. Rest for 2 - 5 minutes only between sets. Finish the workout with sprints.

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Jump Rope	45 sec work	Rope	3
Chest press (floor)	45 sec work	Max	3
Mountain climbers (abs)	45 sec work	Body weight	3
Jump Rope	45 sec work	Rope	3
Pushups on dumbbells	45 sec work	Body weight	3
Burpees	45 sec work	Body weight	3
Jump Rope	45 sec work	Rope	3

Sprints – treadmill	45 sec work	Body weight	5
---------------------	-------------	-------------	---



## WEEK 4 – FRIDAY

### HAMSTRINGS + GLUTES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
B - stance squat	10 reps e/side	Max	3
B – stance deadlift	10 reps e/side	Max	3
Deadlift (1 pulse + 1 full rep) - Smith	8 – 12 reps	Max	3
Frog kicks (bench) - Smith	8 – 12 reps	Max	3
Clams (band)	20 reps	Band	3
B – stance Hip Thrust	15 reps	Max	3
Hip thrust (normal)	8 – 12 reps	Max	3
Moon Kicks + 4 figure kickbacks	20 reps e/leg	Band	2 - 3

## WEEK 4 - SATURDAY

### BACK + HIIT (CORE)

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Battle rope = waves	30 seconds	Body weight	3
Battle ropes = circles	30 seconds	Body weight	3
Battle ropes = Jumping jacks	30 seconds	Body weight	3
Battle ropes = squat alternating	30 seconds	Body weight	3
Battle ropes = Russian twists	30 seconds	Body weight	3
Battle ropes = Wings	30 seconds	Body weight	3
Battle ropes = Wakeboard	30 seconds	Body weight	3
Battle ropes = Plank + arm raise	30 seconds	Body weight	3





# TRAINING – MAIN LIFTS + BURNERS

WEEK 5 – MONDAY

**PUSH = CHEST + TRICEPS**

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Barbell bench press	8 reps	Max	3
Dumbbell pumps	15 reps	Light - Mid	3
Incline bench press	8 reps	Max	3
Pushups	5 reps or failure	Body weight	3
Dips	10 reps or failure	Body weight	3
Triceps bench press	12 reps	Max	3
Skull Crushers	8 – 12 reps	Max	3
Pull downs cable (triceps)	8 – 12 reps	Max	3
Extension triceps – band	20 reps or failure	Band	2

WEEK 5 – TUESDAY

**FLEX = LEG DAY \*QUAD FOCUS\***

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Walking lunges	30 reps	Body weight	3
Squat	6 reps	Max	5
Squat bounces	20 reps	Body weight	5
Leg press	6 - 8 reps	Max	5
Quad mill o Wall sits	30 – 60 seconds	Body weight	5
Leg extension	20 reps	Max	3
Squat sits – 1 leg (bench)	10 reps e/leg	Body weight	3
Deadlifts	6 reps	Max	1

## SQUAT -

WE RECOMMEND TO HAVE SPOTTER TO WATCH OVER YOUR FORM AND SAFETY

EYES FORWARD – NECK  
NEUTRAL – AVOID HYPER  
EXTENDING/PULLING BACK

LOWER BODY IN STRAIGHT  
LINE – CHEST UP

ABS ENGAGED

FEET AND KNEES ARE NEUTRAL  
– ALIGNED – DON'T LET THEM  
TOUCH WHEN YOU GO DOWN  
ALWAYS PUSHING OUT



## WEEK 5 - WEDNESDAY

### HIIT + CORE

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Jump Rope	2 minutes	Rope	3
Leg raise (ABS)	15 reps + 20 sec	Body weight	3
Spider Man planks	30 seconds	Body weight	3
Hyperextensions	15 – 20 reps	Body weight	3
Burpees	10 reps	Body weight	3
Jump Rope	2 minutes	Rope	3
Oblique side crunch	10 reps e/side	Body weight	3
Bosu crunch combo (full + sides)	10 reps + 10 e/side	Bosu	3
Back bows	15 - 20 reps	Body weight	3
Bellyflop burpees	5 – 10 reps	Body weight	3

## WEEK 5 - THURSDAY

### PULL = BACK + BÍCEPS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Chin ups	Until failure	Body weight	3
Pulldowns	8 – 12 reps	Max	3
T bar row	8 reps	Max	3
Barbell row	10 reps	Mid	3
Row - band	20 reps or failure	Band	3
Bicep curl	8 – 12 reps	Max	3
Curl - static	30 seconds	Max	3
Biceps pumps - band	20 reps or failure	Band	3

## WEEK 5 – FRIDAY

### HINGE + ROTATIONS = HAMSTRINGS + GLUTES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Abduction (lateral) + mini walks – band -	20 reps e/exercise	Band	3
RDL – Deadlifts	6 reps	Max	5
Sumo Deadlifts	6 reps	Max	5
Hamstring curl	20 reps	Max	3
Adductions	15 – 20 reps	Max	3
Hip thrusts - Smith	6 reps	Max	4
Hip to bar abductions - Smith	20 – 30 reps	Band	4
Clams – band -	30 reps e/side	Band	2



# DEADLIFT -

WE RECOMMEND TO HAVE SPOTTER TO WATCH OVER YOUR FORM AND SAFETY

## IMPORTANT TO REMEMBER:

**DONT ROUND YOUR BACK** – OR ARCH  
“HIPEREXTEND” – ALWAYS MAINTAIN NATURAL  
BACK CURVE  
(STRAIGHT BACK = AVOID INJURIES)

WHEN YOU GO UP BE SURE TO  
SQUEEZE GLUTES AND ABS

← MAINTAIN HEAD NEUTRAL OR  
LOOKING FORWARD – AVOID  
ARCHING NECK

← SHOULDERS BACK

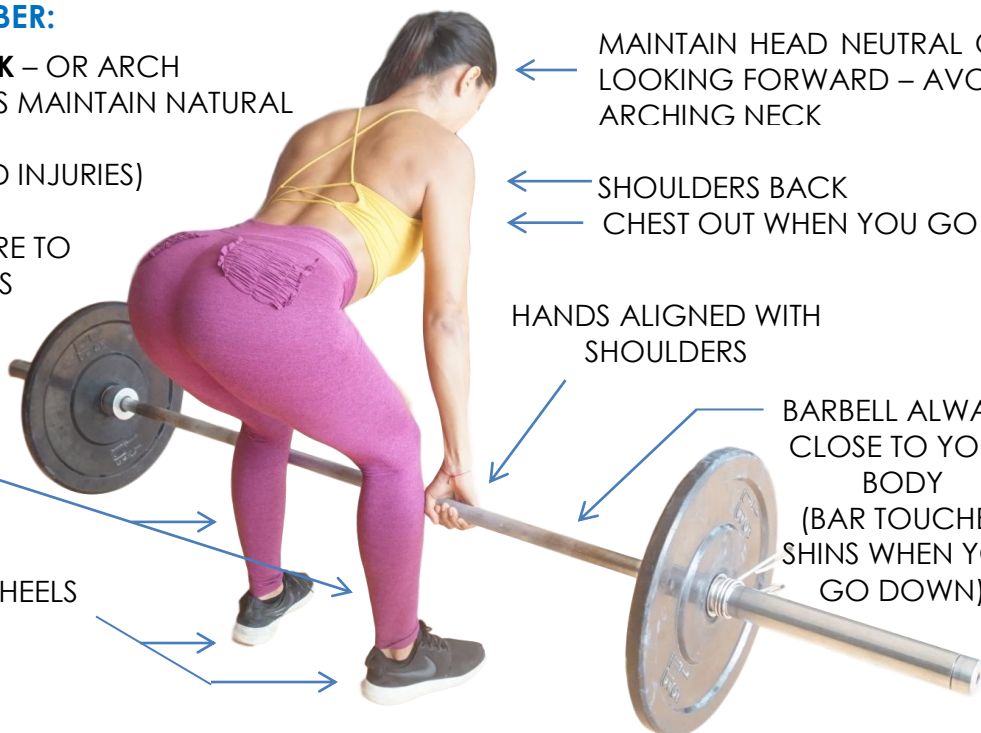
← CHEST OUT WHEN YOU GO UP

HANDS ALIGNED WITH  
SHOULDERS

← BARBELL ALWAYS  
CLOSE TO YOUR  
BODY  
(BAR TOUCHES  
SHINS WHEN YOU  
GO DOWN)

← LEGS  
SEPARATED HIP  
LENGHT APART

← WEIGHT ON HEELS



## WEEK 5 - SATURDAY SHOULDER + CALVES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Rotations	10 – 12 reps e/side	light	3
OHP	5 reps	Max	5
OHP – (neck)	5 reps	Max	5
Band OHP	20 reps or failure	Liga	5
Lateral raise	8 – 12 reps	Max	3
Shoulder pump	20 reps or failure	Liga	3
Front raise	8 – 12 reps	Max	3
Row to face - band	100 reps	Drop - light	1
Sitting calves (3-1-3)	6 - 8 reps	Max	5
Calves x3 – normal – out- in	10x10x10 reps	Body weight	5



## TRAINING – MAIN LIFTS + BURNERS

WEEK 6 – MONDAY

**PUSH = CHEST + TRICEPS**

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Bench press	8 reps	Max	3
Dumbbell press (incline)	15 reps	Mid – Max	3
Dumbbell press (twist) - incline	15 reps	Mid - Max	3
Elevated pushups	5 reps or failure	Body weight	3
2 Bench dips	10 reps or failure	Body weight	3
Skull Crushers	15 reps	Max	3
Press triceps	8 – 12 reps	Max	3
Pull downs cable (triceps)	8 – 12 reps	Max	3
Extension triceps – band -	20 reps or failure	Band	2

WEEK 6 – TUESDAY

**FLEX = LEG DAY \*QUAD FOCUS\***

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Lunge + open squat	20 steps	Body weight	2
Front squat	6 reps	Max	5
Leg press – narrow -	8 reps	Max	3
Open close squat	20 reps	Body weight	3
Leg extension	20 reps	Max	3
Vertical press - Smith	8 – 12 reps	Max	3
Jump Squats with barbell (Finisher)	30 – 40 sec	Light	2
Squats – step + ankle band	30 – 40 sec	Light	2

WEEK 6 – WEDNESDAY

**ABS + CARDIO (OBLIQUE FOCUS)**

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Bicycle crunch	30 seconds	Body weight	5
Side planks	30 seg e/side	Body weight	3
Mountain climber	30 seconds	Body weight	3
Jump Rope	1 minute	Rope	3
Bear walks + Dolphin plank	10 reps e/side	Max	3
5 Knee raise + statics	4 times	+ 5 lb	3
V-up	10 reps	Body weight	3
Bear crunch	10 reps	Body weight	3
Alternating heel touch crunch	20 seconds	Body weight	5



## WEEK 6 – THURSDAY

### PULL = BACK + BÍCEPS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Chin ups	Until failure	Body weight	3
Lat pulldowns) - narrow	8- 12 reps	Max	4
Row machine	8 reps	Max	3
Pulldowns – extended arms	8- 12 reps	Max	3
Australian pull-ups	30 seconds	Body weight	3
Alternating row (pumps)	30 seconds	Max	3
X bicep curls	15 reps	Max	3
Hammer curls	10 reps	Max	3
Biceps curls (1-2-3)	8 reps	Max	3
Biceps pumps	20 reps Until failure	-	3

## WEEK 6 – FRIDAY

### HINGE + ROTATIONS = HAMSTRINGS + GLUTES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Hydrants + DK + Abductions on 4	10 reps e/exercise	Band	2
RDL – Deadlifts	5 - 6 reps	Max	5
Sumo Deadlifts	5 - 6 reps	Max	5
Gliding leg curl (smith)	10 reps	Max	3
Leg curl	15 reps	Max	3
Abductions	15 – 20 reps	Max	3
Elevated bridges (x2)	20 reps e/exercise	Light	2
Hip thrusts + 20 bodyweight	8 reps + pumps	Max	5
<a href="#">TRX hamstring curls – towel or ball(finisher)</a>	20 – 30 seconds	TRX	4

## WEEK 6 – SATURDAY

### SHOULDERS + CALVES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Rotations	10 – 12 reps e/side	Light	2
OHP	5 reps	Max	5
OHP	5 reps	Max	5
Pumps	20 reps or failure	Light	5
Flys (inverted)	10 reps	Max	3
Vertical row	10 reps	Max	3
Facepulls	8 – 12 reps	Max	3
“Look at me” – burner –	20 reps	Light	3
<a href="#">Calves Smith (1-3-2)</a>	8 reps	Max	5
Calves x3 – normal – out- in	10 reps e/exercise	Body weight	5



# TRAINING – MAIN LIFTS – BUILD UP

## WEEK 7 - MONDAY

### PUSH = CHEST + TRICEPS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Bench press -	8 reps	Max	3
Bench press incline	8 reps	Max	3
Flys	15 reps	Max	3
Extension triceps (cable)	15 reps	Max	3
Skull Crushers	15 reps	Max	3
Kicks (cables)	15 reps	Max	3
Dips on machine	Until failure	Body weight	3
Pushups (2 steps)	20 - 30 seconds	Body weight	4

## WEEK 7 - TUESDAY

### FLEX = LEG DAY \*QUAD FOCUS\*

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
5 Squat variation (see video)	10 reps e/exercise	Body weight	2
Squat (3-2-2)	6 reps	Max	5
Hack squat (inverted)	8 reps	Max	3
Step ups + lunge	10 reps e/exercise	-	3
Leg extension - drop	6 + 10 reps	Mid + light	3
Box jumps	15 reps	Body weight	3
Leg press	6 - 8 reps	Max	3
Lunge	6 reps	Max	3
Frog jumps	30 seconds	Body weight	2

## WEEK 7 - WEDNESDAY

### HIIT + CORE

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Situps	15 reps	Body weight	3
Russian twists	30 reps	Body weight	3
Reverse crunches	12 reps	Body weight	3
Long arm crunches	20 reps	Body weight	3
Knee to elbow crunches	20 reps	Body weight	3
Heel taps	30 reps	Body weight	3
Plank (basic)	30 – 60 seconds	Body weight	3
Elbow plank	30 – 60 seconds	Body weight	3
Hip planks	30 segundos e/side	Body weight	3





## WEEK 7 - THURSDAY

### PULL = BACK + BÍCEPS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Chin ups	Until failure	Body weight	3
Pull-ups (narrow)	Until failure	Body weight	3
Pulldowns	8 – 12 reps	Max	3
Narrow pulldowns	10 reps	Max	3
Incline bench row	10 reps	Max	3
Row pumps	20 reps or failure	Liga	3
Barbell biceps curl	8 – 12 reps	Max	3
Static curl	30 seconds	Max	3
Biceps pumps	20 reps or failure	Band	3
Drill – alternating curls	2 minutes	Drop set	1

## WEEK 7 – FRIDAY

### HINGE + ROTATIONS = HAMSTRINGS + GLUTES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Nordic curls (with help)	10 reps	Body weight	3
Deadlift	6 – 8 reps	Max	5
Sumo deadlift	6 reps	Max	5
Leg curl	15 reps	Max	3
Ball curls	15 reps	Body weight	3
Cable donkey kicks	15 reps e/leg	Cable	3
Hip thrusts (heavy) + frog pumps	6 reps + 20 reps	Band	4
Abductions machine	20 reps	Max	3
Adductions machine	20 reps	Max	3

## WEEK 7 - SATURDAY

### SHOULDERS + CALVES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Press Arnold	10 reps	Max	3
Band pumps	20 reps	Band	3
OHP	5 reps	Max	4
OHP - neck	5 reps	Mid - Light	4
OHP – band/pump	20 reps	Band	4
Front raise	10 reps	Max	3
Lateral raise	10 reps	Max	3
Flys (shoulders)	10 reps	Max	3
Vertical row	10 reps	Max	3
OHP	10 reps	Max	3
Calves (Finisher)	30 seconds (Smith) + 10 rest		5



## TRAINING – MAIN LIFTS – PR's

### WEEK 8 – MONDAY

#### PUSH = CHEST + TRICEPS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Pushups (triceps)	10 or failure	Body weight	2
Incline Bench press	6 – 8 reps	Max	4
Bench press dumbbells	10 reps	Max	3
Flys	10 reps	Max	3
Triceps TRX	15 reps	TRX	3
Extension high pulley	10 reps	Max	3
Extension pulldowns	10 reps	Max	3
Pushups (triceps)	Until failure	Body weight	3
Kicks pumps	30 sec e/exercise	Band	2

### WEEK 8 – TUESDAY

#### FLEX = LEG DAY \*QUAD FOCUS\*

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Lunges	8 reps	Max	3
Front squat	6 reps	Max	5
Leg extension	15 reps	Max	4
Leg press – wide	6- 8 reps	Max	4
Vertical leg press	10 reps	Max	3
Split squats / Bulgarian	20 reps e/leg	-	3
Hip thrusts	6 reps	Max	4

### WEEK 8 – WEDNESDAY

#### HIIT + CORE (LOWER BACK FOCUS)

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Jump rope	1 minute	Rope	4
Hyperextensions (band)	8 reps	Max	4
Hyperextensions (pump)	15 – 20 reps	-	4
Good mornings	10 reps	Max	3
Plank side dips	45 seg e/side	Body weight	3
Plank jacks	30 seconds	Body weight	3
V- ups + Alternating knee tucks	10 reps e/exercise	Body weight	3
Weighted crunch (cable)	15 reps	Max	3
Commando planks	30 seconds	Body weight	3



## WEEK 8 – THURSDAY

### PULL = BACK + BÍCEPS

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Chin ups	Until failure	Body weight	3
Pulldowns) - narrow	8- 12 reps	Max	4
Row machine	8 reps	Max	3
Extended arm pulldowns	8- 12 reps	Max	3
Australian pull-ups (3 – 5 reps slow + hold)	30 seconds	Body weight	3
Alternating row (pumps)	30 seconds	Max	3
Hammer curls	10 reps	Max	3
Biceps curls (1-2-3)	8 reps	Max	3
Biceps pumps	2 minutes	Drop set	1

## WEEK 8 – FRIDAY

### HINGE + ROTATIONS = HAMSTRINGS + GLUTES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
Bench abductions	20 – 30 reps	Band	3
Hip thrust (pyramid) – (6 – 8 – 12 – 15 – 20)	According to set	Changes	5
Cable donkey kicks	12 reps	Max	3
Deadlift	6 reps	Max	5
Sumo deadlift	5 reps	Max	5
Leg curl	15 reps	Max	4

## WEEK 8 – SATURDAY

### SHOULDER + CALVES

EXERCISE	TIME/ REPS	WEIGHT (lb)	SETS
OHP	6 - 8 reps	Max	5
Lateral raises (1 arm)	10 reps e/arm	Max	3
Flys pulley	12 reps	Max	3
Cable front raise	1º reps e/arm	Max	3
Facepulls (cable)	12 reps	Max	3
Pushups (shoulder) + band pumps	30 seg e/exercise	Body weight	2

Sitting calves	15 reps	Max	3
Calves (Smith machine)	10 reps	Max	3
1 leg calf raise	10 reps e/leg	Max	3



# THE POWER OF PLANTS

**\*CONTACT US TO GET MACROS + MEAL PLAN\***



Bueno, de forma rápida y muy resumida compartiremos contigo algunos conceptos claves muy importantes que tener en mente cuando elijas que alimentos ingerir y diseñes tu menú, así que te recomendamos leer la siguiente información detenidamente.

## ¿QUE ES SEGUIR MACROS?

Es un estilo de dieta muy flexible, ya que nos permite comer lo que queramos (literalmente), MIENTRAS estemos cumpliendo y alcanzamos nuestros porcentajes u objetivos de - Carbohidratos - Proteínas - Grasas



1 gramo de hidratos de carbono aporta 4 calorías de energía. Es el nutriente principal de donde el cuerpo obtiene su energía, sobre todo en el ejercicio de intensidad media a alta. La glucosa es la fuente de energía preferente por las células y ésta es aportada por los hidratos de carbono (Carbohidratos).

Algunas fuentes de carbohidratos:

- Frutas (manzana, plátano, sandía, pera, papaya...)
- Arroz, bonas y pastas integrales
- Avena, papas, camote, etc...



1 gramo de proteínas aporta 4 calorías de energía. Constituyen el principal nutriente para la formación de las células del cuerpo, regeneran nuestras células y son esenciales para el crecimiento. Están formadas por largas combinaciones de aminoácidos. Existen 20 tipos de aminoácidos, de los cuales solo 9 que nuestro cuerpo no puede crear por sí solo (aminoácidos esenciales) pero se pueden conseguir a través de la alimentación.

Alimentos con gran cantidad de proteína:

- Variedades de soja: variedad (espinaca, kale, brócoli, alcachofa, coliflor, espárrago, apio...)
- Quinoa, tofu, salmón y carnes vegetales/veganas
- Lentejas, fufos secos (laminados, patitos), semillas (chía)



1 gramo de grasas aporta 9 calorías de energía. Las grasas aportan gran energía durante los entrenamientos prolongados. Estas son necesarias, ya que cumplen otras funciones imprescindibles para el organismo. El problema deriva cuando hay un consumo excesivo, ya que se acumula y contribuye al sobrepeso y obesidad.

Grasas saludables: aceite de oliva, aguacate, coco, crema de cacahuete, nueces, almendras, avellanas...

Creado por Eileen y Gilian Reichert -- "Om Twiins" --  
Todos los derechos reservados. Ninguna parte de este documento puede ser reproducida o modificada sin nuestro consentimiento previo por escrito. Para más información consulta a tu nutricionista o médico de confianza.

## PIMO'S CHIA Waffles:



Para 1 persona

### INGREDIENTES:

- 30g avena
- 100g plátano
- 40g leche de soja
- 15g proteína de VidaBraman
- 2 cucharadas Chía

### EXTRA (OPCIONAL):

- 10g Blueberry/ fresas
- 12g crema de cacahuete
- 15g miel de agave
- 1 toque de canela

### PREPARACION:

Antes de empezar conecta la "wafflera" para que esté bien caliente y lista para usarse cuando tengas tu lista.  
(O usa sartén para convertirlos en hotcakes)

Ahora hidrata las semillas de chía con agua por 10 minutos, moviendo constantemente hasta que estas se hinchen.

Deja reposando por un momento... en un plato hondo usando un tenedor, comienza a aplastar el plátano maduro hasta que quede una consistencia tipo puré. Luego agrega la proteína y la harina de avena. Poco a poco ve agregando la leche para que quede la consistencia perfecta. Al final agrega la chía hidratada y mezcla todo.

Vierte en la wafflera y cocina por 2-3 minutos. Sirve en un plato y disfruta... Como extra puedes añadir una bolita de helado de plátano para darte un boost delicioso a tu platillo. ¡Verigüente receta!

### MACROS:

C= 71 g  
G= 15 g  
P= 29 g  
CAL= 499

### INGREDIENTES PARA LA BASE DEL HELADO

- 1/2 scoop de Proteína VidaBraman
- Plátano congelado

### INTENTA AÑADIR OTROS INGREDIENTES PARA NUEVOS SABORES



Creado por Eileen y Gilian Reichert -- "Om Twiins" --  
Todos los derechos reservados. Ninguna parte de este documento puede ser reproducida o modificada sin nuestro consentimiento previo por escrito. Para más información consulta a tu nutricionista o médico de confianza.

Creado por Eileen y Gilian Reichert -- "Om Twiins" --  
Todos los derechos reservados. Ninguna parte de este documento puede ser reproducida o modificada sin nuestro consentimiento previo por escrito.



# VEGAN

LIFESTYLE

Being VEGAN (in our dictionary) means: a person who follows a lifestyle of love and respect, the main objective is to include in their circle of compassion ALL animals (human and non-human)... rejecting any practice or activity that abuses or exploits them.

This is why vegans don't consume any animal products (animal origins) such as: meat, dairy products, eggs, honey...

Special caution for products used for personal care or use, like clothing (wool, leather, feathers, silk...) hygiene products, beauty, cosmetics, etc. ... using only those that don't contain ingredients of animal origin and are cruelty-free (not tested on animals)

Vegans don't support cruel practices for human entertainment such as circuses with animals, zoos, aquariums, bullfights, cockfighting / dogs, horseback riding, etc...

Being vegan is the most ethical way to live! A lifestyle filled with love where the benefits are endless! Not only will you feel in total connection with the planet but you will be an active agent of change, helping day by day to take care of nature and all that live in this planet with you.

It is impressive the strong impact you can do just by choosing what's on your plate! So it's not just a personal pleasure, it's a great responsibility.

By excluding animal products from your diet you are helping to:

- ✓ Save millions of animals!
- ✓ Save precious water
- ✓ Take care of the environment
- ✓ Heal your body
- ✓ Boost up your energy levels
- ✓ Among many other things!!



For those who are downloading this guide without being vegan (and wonder why we do not include any nutritional information on animal products), we want you to stay calm ... We've been vegan for more than 5 years and we have seen incredible results in our body following a diet totally plant based. We know many people who have NEVER even tasted meat and are now amazing vegan athletes!! No protein or vitamin deficiencies here!!



Myths such as: "Not being able to increase muscle mass on a vegan diet, hair loss, fragile nails" and other lies that are out there, are the product of ignorance and marketing strategies of large companies that obviously do not want you to stop consuming their products (yes, it seems like horror movie, but nothing compared with what the animals go through) this companies are killing us, the animals and the planet.  
YOU DO NOT NEED THEM!

The argument that only animal protein is complete or plant sources are of lower quality is ridiculous and totally false, since it has been proven that foods such as quinoa, soy and seitan (among many others) contain all the essential amino acids the body needs.

In addition, complete proteins can also be obtained through combinations of foods such as:

Legumes + cereals = lentils + rice or legumes + seeds = humus...

To know more information, WATCH the following documentaries:

- [Gary Yourofsky – Best speech you will ever hear \(YouTube\)](#)
- [Earthlings \(YouTube\)](#)
- [Dominion \(YouTube\)](#)
- [Game Changers \(Netflix\)](#)
- [What the health \(Netflix\)](#)
- [Cowspiracy \(Netflix\)](#)
- [Forks over knives \(YouTube\)](#)
- [Phillip Wollen – Get meat off the menu debate \(YouTube\)](#)

And READ the following books:

- [The China Study – T.Colin Campbell](#)
- [Change of heart – Nick Cooney](#)
- [Why we love dogs, eat pigs and wear cows – Melanie Joy](#)

Never let anyone scare you and make you part of a cruel system of oppression to other living beings, while harming your health and the planet. A lifestyle where you fulfill ALL your physical goals at the same time that you become a positive change IS POSSIBLE!

No restrictions just enjoying what our mother earth gives us, the best of all is that nowadays, thanks to human creativity in the kitchen you can veganize ALL your favorite foods. All the flavors just vegan version and 100% cruelty free!! WIN FOR EVERYONE!! DO the connection and...





# OM TWIINS

## BODY TRANSFORMATIONS

---



Creado por Eileen y Gilian Reichert -- "Om Twiins" --  
Todos los derechos reservados. Ninguna parte de este documento puede ser reproducida o  
modificada sin nuestro consentimiento previo por escrito.





Creado por Eileen y Gilian Reichert -- "Om Twins" --  
Todos los derechos reservados. Ninguna parte de este documento puede ser reproducida o  
modificada sin nuestro consentimiento previo por escrito.

