

**BREAK THE
RULES**



BREAK THE RULES



BREAK THE RULES



GYM AND DIET PROGRAM

TRAINING SESSION

Day 1: Quadriceps / ischios / Calf	03
Day 1: Quadriceps / ischios / Calf	04
Day 2: Back – Shoulders	05
Day 2: Back – Shoulders	06
Day 3: Chest – Biceps	07
Day 3: Chest – Biceps	08
Day 4: Shoulders – Triceps	09
Day 4: Shoulders – Triceps	10

DIET SESSION

Breakfast 7AM	11
Snack 10H	12
Lunch 12H	13
Snack Pre-Workout 4PM	14
Dinner 20	15
Dinner 20	16

RECIPTS SESSION

Green smoothie bowl	17
Pancakes healthy	18
Pudding graines de chia & mangue	19
Porridge pomme cannelle	20

DAY 1: QUADRICEPS / ISCHIOS / CALF

REST BREAK: 1 MINUTE (FOR EACH EXERCISE)

LEG EXTENSION



**3X20 AND AFTER 3 SETS OF
12/10/8**

EXERCISE 1

SIT LEG CURL



**3X20 AND AFTER 3 SETS ON
DECREASING 8/10/12**

EXERCISE 2

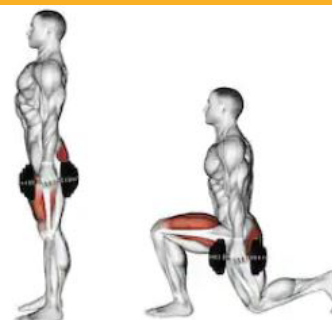
THIGH PRESS



**1X10 HEAVY AND AFTER 3
SETS OF 12/10/8**

EXERCISE 3

WEIGHTED MARKET LOCATIONS

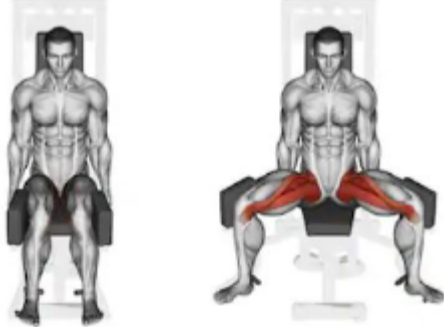


**3X20 AND AFTER 3 SETS ON
DECREASING 8/10/12**

EXERCISE 4

DAY 1: QUADRICEPS / ISCHIOS / CALF
REST BREAK: 1 MINUTE (FOR EACH EXERCISE)

ADDUCTORS + ABDUCTORS



4X20 (ON A MUSCLE)

EXERCISE 5

STAND UP CALF



**1X20 / 1X15 / 1X10 / 1X10 /
1X8**

EXERCISE 6

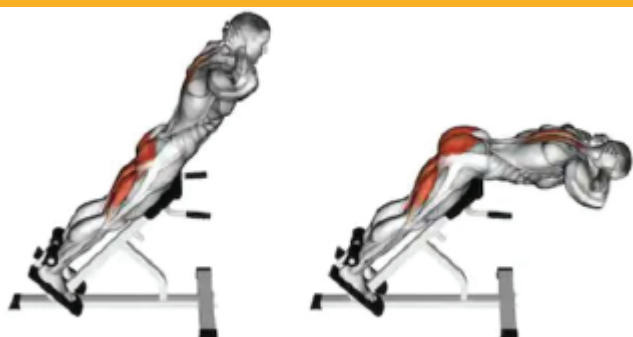
ABDOSGAINAGE

5 SETS (MAX YOU CAN) + 1 SET OF 3 MINUTES

DAY 2: BACK - SHOULDERS

REST BREAK: 1 MINUTE

LOWER BACK EXTENSION



**4 SETS OF 15 REPETITIONS
RESTRAINED**

EXERCISE 1

RACK PULL



**1X15 / 1X12 / 1X10 AND AFTER 1
SERIES OF REPETITIONS 10/8/6**

EXERCISE 2

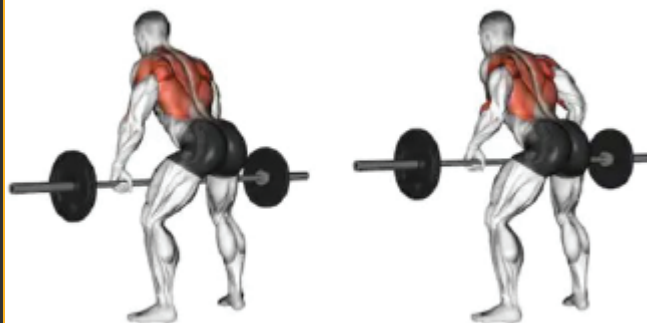
HIGH PULLEY NEUTRAL GRIP



4 SETS OF 12/10/8/6

EXERCISE 3

ROWING BAR



**3 SETS OF 8/10/12 AND AFTER 1
SET OF 20 REPETITIONS**

EXERCISE 4

DAY 2: BACK - SHOULDERS

REST BREAK: 1 MINUTE

GREAT TRACTION GRIP



1 SERIES OF REPETITIONS MAX (3 SECONDS ON ECCENTRIC) AND AFTER 3 SERIES OF REPETITIONS MAX

EXERCISE 5

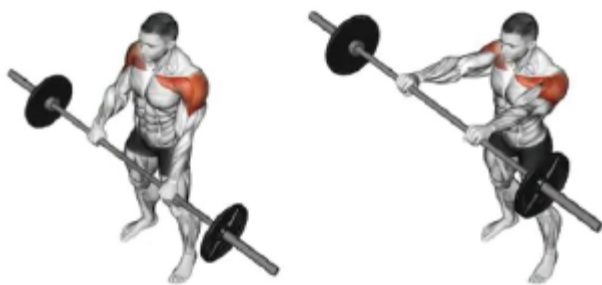
DRAWBAR WITH PULLEY



4X25

EXERCISE 6

FRONT AND SIDE ELEVATION



4 SETS OF 10 (10 REPETITIONS ON THE FRONT AND 10 REPETITIONS ON THE SIDE)

EXERCISE 7

SIDE ELEVATION



4 SETS OF 10 (10 REPETITIONS ON THE FRONT AND 10 REPETITIONS ON THE SIDE)

DAY 3: CHEST — BICEPS

REST PAUSE: 1 MINUTE

INCLINED DEVELOPMENT BAR



**3 SETS OF 20/15/15 AND AFTER
1X10 / 1X10 / 1X8 / 1X6**

EXERCISE 1

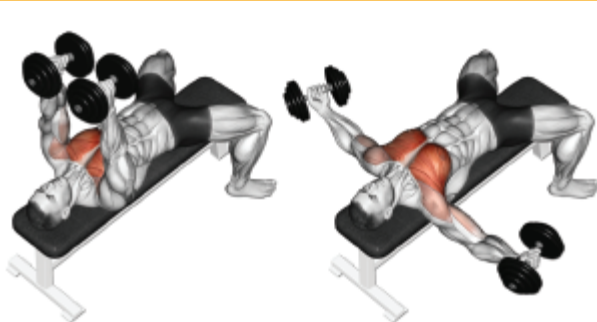
BAR DEVELOPED



**3 SETS OF 10/8/6 AND AFTER
1 SET OF 15**

EXERCISE 2

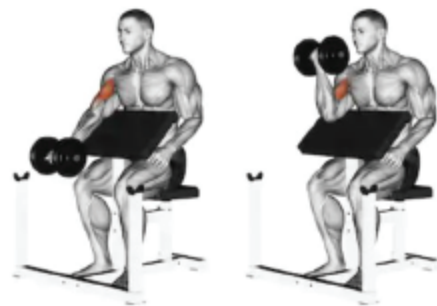
DUMBBELL SPREAD



**3 SETS OF 10/8/6 AND AFTER 1
SET OF REPETITIONS MAXIMUM**

EXERCISE 3

CURL DESK



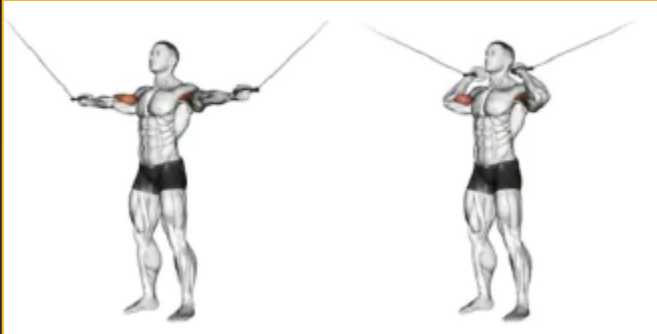
3 SERIES OF 8/10/12

EXERCISE 4

DAY 3: CHEST – BICEPS

REST PAUSE: 1 MINUTE

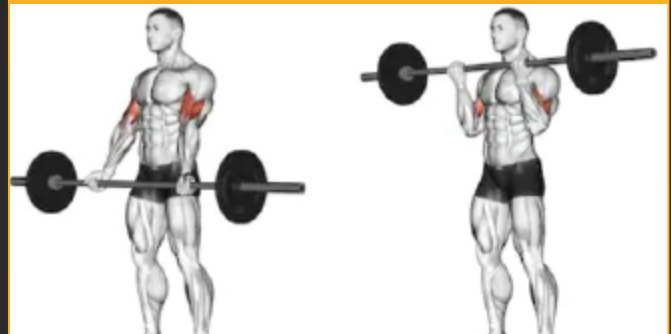
ROPE LOOP



7+7+7 (7UP+7DOWN+7ENTIER)

EXERCISE 5

CURL BAR



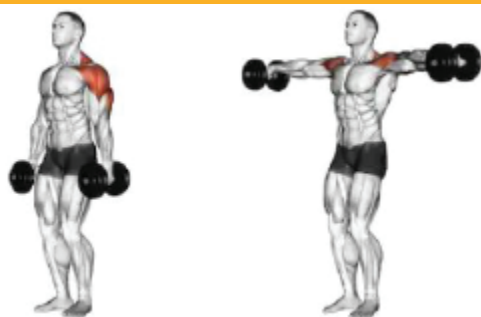
12/10/8 SETS

EXERCISE 6

DAY 4: SHOULDERS - TRICEPS

REST BREAK: 1 MINUTE

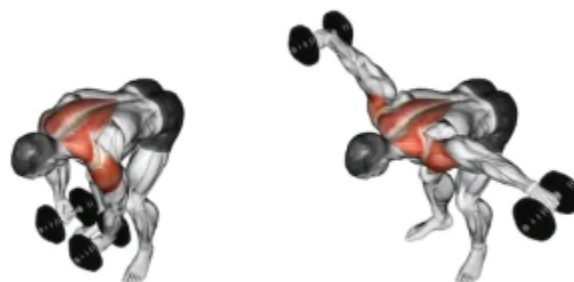
SIDE ELEVATION



SERIES OF 12/15/10/8 AND AFTER 1
SERIES OF 8 REPETITIONS

EXERCISE 1

ELEVATION OF THE LEANING BUST



4 SERIES OF 12/15/10/10

EXERCISE 2

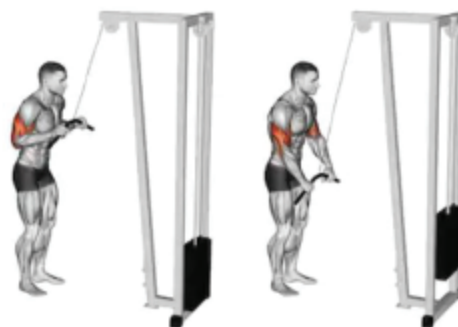
MILITARY PRESS / DUMBBELL



4 SERIES OF 10/8/12/15

EXERCISE 3

ROPE PULLEY EXTENSION



4X20/15/12/10

EXERCISE 4

DAY 4: SHOULDERS - TRICEPS

REST BREAK: 1 MINUTE

PUSH UPS DIAMANT



4XMAX/MAX/MAX/MAX

EXERCISE 5

DIPS



4 SERIES OF 12/15/10/8

EXERCISE 6

BREAKFAST 7AM

IT IS THE MOST IMPORTANT MEAL OF THE DAY, IT MUST BE RICH IN FIBER AND CARBOHYDRATES TO GIVE YOU MAXIMUM ENERGY THROUGHOUT THE DAY.

BREAKFAST 7H



- »» **3 WHOLE EGGS**
- »» **80 GRAMS OF OATS**
- »» **2 SLICES OF HAM (OR 1 BANANA)**
- »» **4 SLICES OF WHOLE WHEAT BREAD**
- »» **20 GRAMS OF HONEY**

SNACK 10H

THE 10H SNACK SHOULD NOT BE THE SIZE OF A TRADITIONAL MEAL, IT ONLY SERVES TO PROVIDE THE MISSING NUTRIENTS DURING THE DAY, WHILE KEEP PROPER AND HEALTHY PROPORTIONS.

SNACK 10H



- »» 200 GRAMS OF 0% COTTAGE CHEESE
- »» 35 GRAMS OF JAM
- »» 20 GRAMS OF CASHEWS OR ALMONDS OR HAZELNUTS
- »» 100 GRAMS OF KIWI

DURING TRAINING: 10 GRAMS OF BCAA

LUNCH 12H

LUNCH IS THE 2ND MOST IMPORTANT MEAL OF THE DAY. RICH IN PROTEINS AND CARBOHYDRATES, IT RECHARGES THE BATTERIES IN THE MIDDLE OF THE DAY.

LUNCH 12H



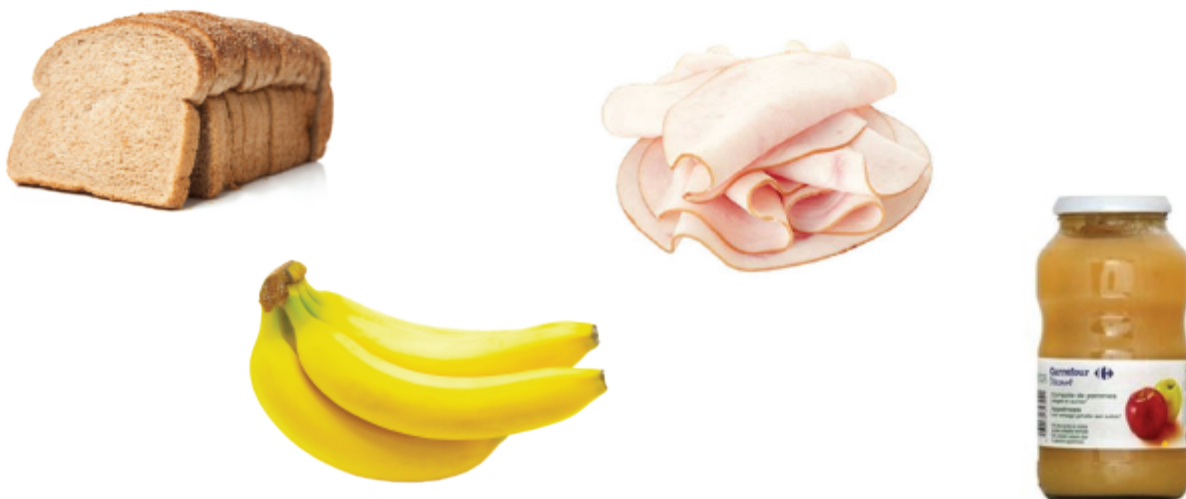
- »» **150 GRAMS OF CHICKEN OR TURKEY OR RED MEAT OR 200 GRAMS OF FISH**
- »» **200 GRAMS OF WHOLE RICE OR PÂTÉS OR 240 GRAMS OF SWEET POTATOES**
- »» **30 GR GOAT CHEESE**

LÉGUMES VERTS À VOLONTÉ: 3 GRAMMES D'HUILE D'OLIVE

PRE-WORKOUT SNACK 4 P.M.

THE PRE-WORKOUT SNACK IS ESSENTIAL TO THE SMOOTH RUNNING OF THE SPORTS SESSION BECAUSE IT IS THE ONE THAT WILL BRING THE LITTLE EXTRA ENERGY. THE ONE THAT WILL MAKE YOU FEEL SUPER FIT TO BREAK THE RULES.

PRE-WORKOUT SNACK 4 P.M.



- »» **2 SLICES OF WHOLE WHEAT BREAD**
- »» **2 SLICES OF WHITE CHICKEN MUSTARD**
- »» **1 BANANA**
- »» **200 GRAMS OF APPLESAUCE**

DINNER 20

DINNER IS THE 3RD MOST IMPORTANT MEAL OF THE DAY BECAUSE IT IS THE LAST ONE YOU WILL TAKE BEFORE BED. IT CONTAINS A LOT OF PROTEIN FOR MUSCLE RECONSTRUCTION AND CARBOHYDRATES TO IMPROVE THE QUALITY OF YOUR DEEP SLEEP.

DINNER 20



- »» 200 GRAMS OF CHICKEN OR TURKEY OR 150 GRAMS OF STEAK CHOPPED AT 10% OR
- »» 200 GRAMS OF FISH
- »» 250 G RICE OR 100 GRAMS OF QUINOA OR RED BEANS OR 220 POTATOES

½ AVOCADO GREEN VEGETABLES 2 SQUARES OF BLACK CHOCOLATE 70% OR 90%



- »» **FOR YOUR WELL-BEING, IT IS ADVISABLE TO**
- »» **DRINK 2.5 LITERS OF WATER PER DAY**
- »» **MODERATE SALT**
- »» **SPICES AND MUSTARD ALLOWED**
- GARLIC ONIONS ALLOWED**

GREEN SMOOTHIE BOWL

- BREAKFAST -

PREPARATION: 15 MINUTES - COOKING: NONE

INGREDIENTS:

- 1 FROZEN BANANA
- 2 KIWIS
- 3 SLICES OF PINEAPPLE
- 2 HANDFULS OF SPINACH LEAVES



PREPARATION



1. Place the kiwis, pineapple slices and spinach leaves in a blender / blender.
2. Add the previous freeze-dried banana pieces.
3. Mix everything until the smoothie is homogeneous.
4. Pour the preparation into a bowl.
5. Add optional top pings.
6. Taste!

HEALTHY PANCAKES

- LUNCH -

PREPARATION: 15 MINUTES - COOKING: NONE

INGREDIENTS:

- 30 G ROLLED OATS
- 3 TABLESPOONS OF FLOUR
- 1 EGG
- 5 CL OF MILK
- A TABLESPOON OF 0% COTTAGE CHEESE
- AGAVE SYRUP
- 1/2 SACHET OF YEAST



PREPARATION



1. In a blender / blender, mix the oats until a smooth powder is obtained.
2. In a bowl, pour the oat mixture, the flour and the baking powder.
3. Add the egg, milk and white age and mix with a whisk. The dough should be smooth.
4. Heat a skillet over low / medium heat. the grease with a paper towel everything and a little oil.

5. When hot, pour a small ladle of dough into the pan.
6. Turn the pancake over when bubbles appear on its surface.
7. Cook until the other rib is golden.
8. Repeat for the other pan cakes.
9. Taste!

MANGO CHIA PUDDING

- LUNCH -

PREPARATION: 10 MINUTES (THE PREVIOUS EVENING) - COOKING: NONE

INGREDIENTS:

- 3 TABLESPOONS OF CHIA SEEDS
- 15 ML OF COCONUT MILK
- 1 MANGO
- 1/2 LIME



PREPARATION



1. Pour the coconut milk into a container.
2. Add the chia seeds.
3. Mix the preparation with a fork for ten minutes, to prevent the seeds from sticking together.
4. Reserve in the refrigerator overnight.

5. The next morning, peel and cut the mango into pieces.
6. In a blender / blender, mix the mango with the lemon juice.
7. Take out the chia pudding and place 2 to 3 cm of mango puree on top.
8. Add optional toppings.
9. Taste!

CINNAMON APPLE PORRIDGE

- LUNCH -

PREPARATION: 5 MINUTES - COOKING: 7 MINUTES

INGREDIENTS:

- 50G ROLLED OATS
- 30CL OF MILK
- 1 APPLE
- 1 KIWI
- SOME DRIED FRUITS: NUTS, HAZELNUTS, ALMONDS ...
- CHOCOLATE CHIPS
- AGAVE SYRUP



PREPARATION



1. Cook the milk and oats in a saucepan over low heat.
2. When the porridge becomes thick, remove the pan from the heat.
3. Place the porridge in a bowl while it is still hot.
4. Cut thin slices of apple, keeping the skin.
5. Remove the skin from the kiwi and cut it into slices
6. Brown the apple in a pan with a little butter and a pinch of cinnamon.
7. Place the pieces of apple, kiwi, dried fruit and chocolate chips on the porridge.
8. Add a dash of agave syrup to the preparation.
9. Taste!