

# SPINE & ALIGN



**1 week full-body recomposition program focusing on strengthening muscles surrounding the spine, building mobility and strength for anyone lower back pain.**



# CONTENTS

**1**  
WORKOUT SCHEDULE

**2**  
GLOSSARY

**3**  
INTRODUCTION

**4**  
EDUCATIONAL NOTES & TIPS

**5**  
WEEK 1-8 WORKOUTS

**6**  
CALORIE & MACRONUTRIENT CALCULATOR

**7**  
GROCERY LIST RECOMMENDATIONS

**8**  
WATER INTAKE & REST RECOMMENDATIONS

# WORKOUT SCHEDULE

## MONDAY

POSTERIOR CHAIN + CORE (HEAVY)

## TUESDAY

BACK + CORE (LIGHT)

## WEDNESDAY

HIP MOBILITY + CORE

## THURSDAY

UPPER BODY PUSH + ANTI ROTATION (HEAVY)

## FRIDAY

FULL LEGS + CORE (MODERATE)

## SATURDAY

ACTIVE CARDIO

## SUNDAY

ACTIVE RECOVERY (YOGA \*BE CAREFUL WITH POSITIONS  
THAT EXTEND YOUR BACK\*)

# GLOSSARY

**DB - DUMBBELL**

**BB - BARBELL**

**BW - BODYWEIGHT**

**OH - OVER HEAD**

**SA - SINGLE ARM**

**SL - SINGLE LEG**

**BO - BENT OVER**

**ALT - ALTERNATING**

**FWD - FORWARD**

**REV - REVERSE**

**MHR - MAX HEART RATE**

**SB - SWISS BALL**

**SUPER SET- DOING A1 THEN A2 IMMEDIATELY AFTER WITH LITTLE TO NO REST. THEN RESTING FOR LISTED TIME AND REPEATING A1 AND A2 FOR THE REMAINING LISTED AMOUNT OF SETS.**

**ISOMETRIC HOLD - HOLDING A MOVEMENT EITHER IN THE CONCENTRIC OR ECCENTRIC POSITION FOR AN EXTENDED PERIOD OF TIME (USUALLY 15 - 60 SECONDS)**

# INTRODUCTION

## What This Book Is (And Isn't)

Let's be crystal clear from the start. This isn't a magical cure. I won't promise to completely eliminate your back pain or reverse years of spine issues. What I will do is give you something far more powerful: tools, strategies, and a step-by-step approach to managing and reclaiming your mobility.

This approach combines core and lower body strengthening exercises, anti-rotation movement patterns, mobility training, and building strength in end ranges of motions to help stabilize the spine. Now keep in mind most spine injuries are permanent; this program is designed to improve energy and give you tools to improve mobility and reduce tension; it will only strengthen your tolerance and ability to live life normally.

## Key features of this program include:

1. Tailored exercises for various spine conditions
2. Emphasis on core stability and anti-rotation techniques
3. Gradual progression to rebuild strength safely
4. Focus on functional movements to support daily activities
5. Integration of low-impact cardiovascular exercise for overall health
6. Nutritional guidance to support recovery and muscle growth

## TO FURTHER SUPPORT YOUR JOURNEY, THIS EBOOK ALSO INCLUDES:

- **Grocery List Recommendations:** A detailed list of healthy foods to help you plan your meals and make informed choices at the grocery store
- **Calorie and Macro Calculator:** Access to a self-adjusting calculator to determine your personalized calorie and macronutrient needs for weight loss, maintenance, or muscle building. This tool considers your activity level, dietary preferences, and fitness goals to provide a customized nutrition plan.

**THIS IS A SELF-GUIDED PROGRAM; THAT BEING SAID, IF YOU FEEL ANY PAIN OR DISCOMFORT THROUGHOUT ANY OF THE EXERCISES THAT ISN'T MUSCULAR FATIGUE, THEN STOP IMMEDIATELY AND TRADE THAT EXERCISE FOR AN ALTERNATIVE EXERCISE FROM THE ALTERNATIVE EXERCISE PAGE () IF PAIN PERSISTS, SEEK A HEALTH PROFESSIONAL IMMEDIATELY**

**We offer a range of additional resources tailored to your individual needs:**

- **Personalized one-on-one coaching**
- **In-depth educational materials**
- **Customized tips and advice**

**To explore these options, please don't hesitate to reach out to us via:**

- **Instagram: @danieljargota**
- **Email: [Argotafitness@gmail.com](mailto:Argotafitness@gmail.com)**

# EDUCATIONAL NOTES & TIPS

The tempo and execution of each exercise are crucial for achieving optimal results. This approach is designed to enhance core strength and connect the mind to muscle.

## Key points to remember:

- **Quality over quantity:** Focus on performing each repetition with precision and control.
- **Maintain constant tension:** Throughout each movement, keep your muscles engaged.
- **Follow the prescribed tempo:** When instructions specify a certain pace (e.g., 3 seconds down, 2 seconds hold, 2 seconds up), adhere to it strictly. This controlled movement enhances muscle engagement and functional strength.
- **Choose appropriate weights:** Select a weight that allows you to maintain proper form and tempo while still challenging yourself.
- **Full range of motion:** Complete each exercise through its full range, focusing on the mind-muscle connection, especially in core-centric movements.
- **Isometric holds:** Pay special attention to the squeeze or flex at the end of each movement, as this is crucial for developing functional core strength.

# Exercise Tempo - A Critical Component

The exercise tempo is a fundamental aspect of this program's effectiveness. We kindly request that you thoroughly familiarize yourself with this concept, as it plays a crucial role in maximizing your results.

For each exercise, you'll notice a specific tempo notation, presented as three numbers (e.g., 3/1/2). These numbers represent the cadence, in seconds, for each phase of the movement:

## Eccentric Phase (First Number):

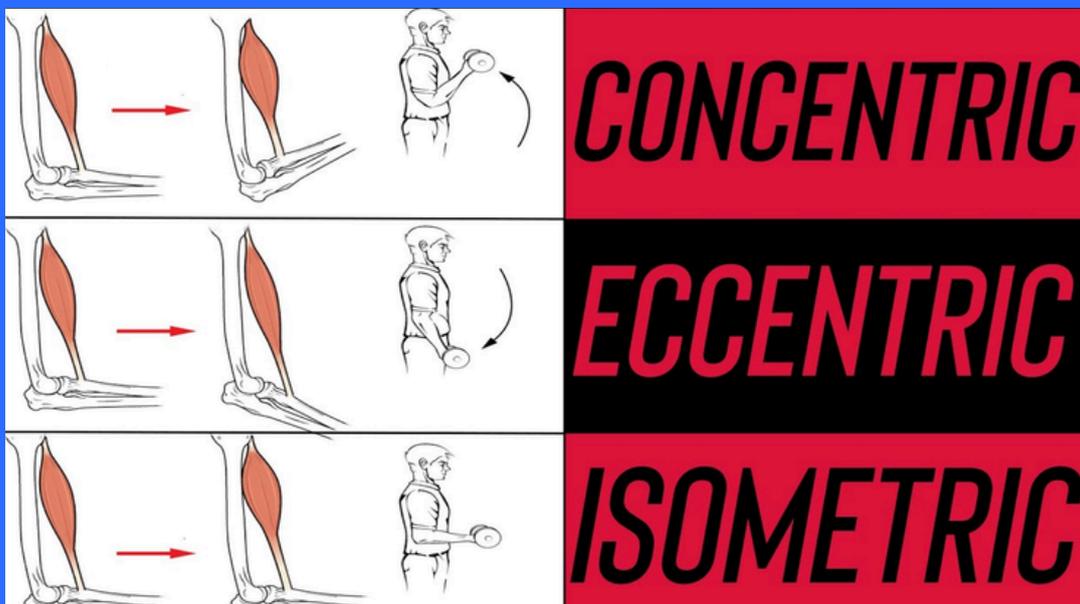
This is the lengthening or stretching of a muscle under tension. For example, in a bicep curl, this would be the controlled lowering of the weight.

## Isometric Phase (Second Number):

This phase involves maintaining muscle tension without lengthening or shortening. An example would be holding a plank position or pausing at the bottom of a squat.

## Concentric Phase (Third Number):

This is the shortening of a muscle. In a bicep curl, this would be the lifting portion of the movement.



# EDUCATIONAL NOTES & TIPS

**Example:  
Exercise Tempo: 3/1/2**

- **Lower the weight for 3 seconds (eccentric)**
- **Hold for 1 second (isometric)**
- **Lift the weight for 2 seconds (concentric)**

**Adhering to these prescribed tempos is crucial for engaging the correct muscle fibers, improving mind-muscle connection, and achieving optimal results. Please pay close attention to these tempo instructions throughout the program.**

**Remember, the goal is to be functional, stabilize your spine and lead a more active life without excuses**

# EDUCATIONAL NOTES & TIPS

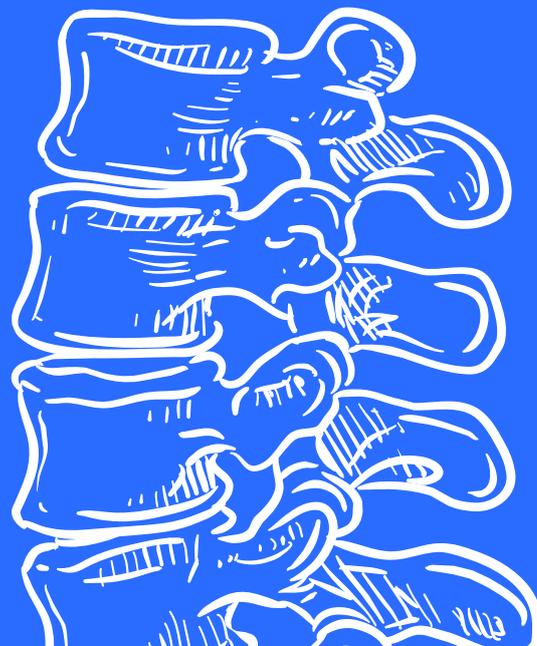
## Enhancing Aerobic Capacity and Its Benefits

Improving your aerobic capacity, endurance, and overall conditioning plays a crucial role in this program. Here's why:

- **Enhanced Lifting Performance:** As your cardiovascular fitness improves, you'll be able to maintain higher intensity during resistance training sessions. This increased capacity allows for more challenging workouts, potentially leading to greater muscle mass and strength gains, provided proper nutrition and recovery are maintained.
- **Active Recovery:** Cardiovascular exercises, such as running, serve as active recovery days. This approach promotes blood flow to recovering muscles, potentially accelerating healing and improving overall recovery.
- **Muscle Preservation:** Contrary to common misconceptions, incorporating running into your routine will not lead to muscle or strength loss. This is especially true when combined with our program's intense, tempo-based resistance training targeting the 8-12 repetition range.

# EDUCATIONAL NOTES & TIPS

- **Spine Stabilization and Strength Optimization:** The core components of this program are designed to increase spinal stability and overall strength, thereby enhancing confidence and functional ability for men with spine issues. Low-impact exercises, particularly those focusing on core engagement and proper biomechanics, are highly effective for rebuilding strength and stability when coupled with proper form and gradual progression
- **Holistic Approach:** By integrating various forms of exercise—resistance training, running, and walking—this program offers a comprehensive approach to improving your overall fitness, body composition, and functional core strength.



# EDUCATIONAL NOTES & TIPS

## The Importance of Active Recovery Days

During intense workouts, particularly resistance training, microscopic damage occurs to muscle fibers. This controlled damage is a necessary part of the muscle growth and strengthening process. However, continuous intense training without adequate recovery can impede progress and potentially lead to overtraining.

### What is Active Recovery?

Active recovery days involve low-intensity physical activity designed to

1. Promote blood flow to recovering muscles
2. Enhance the healing process
3. Maintain flexibility and mobility
4. Support overall well-being

### Recommended Active Recovery Activities:

1. Performing the dynamic warm-up routine 2-3 times
2. Light cardio (e.g., using an assault bike, swimming, or playing basketball)
3. Full-body, low-impact movements
4. Heated yoga classes (a personal favorite for its combined benefits of flexibility and relaxation; again, watch for certain positions that could lead to flare ups)

# EDUCATIONAL NOTES & TIPS

## **Additional Recovery Strategies:**

- 1. Engage in activities that promote an active, healthy lifestyle**
- 2. Focus on consuming nutrient-dense, whole foods**
- 3. Ensure adequate hydration, particularly with mineral-rich water**

**By incorporating these active recovery days into your routine, you're allowing your body the necessary time to repair and strengthen, ultimately enhancing your overall progress in developing a functional core and achieving improved spine health.**

# EDUCATIONAL NOTES & TIPS

## Understanding and Implementing Rep Ranges

### Selecting the Appropriate Weight:

When an exercise prescribes a rep range (e.g., 8-12 repetitions), choose a weight that:

- Allows you to complete at least 8 repetitions with proper form
- Challenges you significantly by the final repetitions (10-12)
- Prevents you from easily exceeding 12 repetitions
- If you struggle to reach 8 repetitions, slightly reduce the weight
- If you can easily perform more than 12 repetitions, increase the weight
- Aim for the last few repetitions to be challenging while maintaining correct form

# EDUCATIONAL NOTES & TIPS

## **Adaptation Period:**

**For those new to resistance training, allow 1-2 weeks to familiarize yourself with appropriate weight selection. Use the first couple of sets to gauge the correct load, adjusting as necessary.**

## **Maximizing Intensity:**

**This program is designed to push you to your maximal intensity within safe parameters. Achieve this by:**

- Selecting weights that challenge you while allowing adherence to proper form and tempo**
- Giving maximum effort on every repetition and set**
- Focusing on quality of movement over quantity of weight lifted**

**The goal is to challenge yourself consistently while maintaining proper form and following the prescribed tempo.**

# EDUCATIONAL NOTES & TIPS

## Maximizing Effort and Intensity for Optimal Results

- **Focused Intensity Over Volume:** Rather than performing numerous exercises or excessive repetitions, our program emphasizes 1-3 carefully selected exercises per muscle group. This targeted approach, when executed with maximum effort and proper form, yields superior results.
- **Quality of Movement:** Prioritize correct form, peak contraction, and controlled movement through the full range of motion. This technique ensures optimal muscle engagement and tension, leading to more effective workouts.

# EDUCATIONAL NOTES & TIPS

- **Embracing Discomfort:** High-intensity training can be challenging and uncomfortable. However, pushing through this discomfort is essential for progress. We encourage you to develop mental resilience and embrace the temporary discomfort for long-term gains.
- **Progressive Overload:** By consistently applying maximal effort, you create the necessary stimulus for continuous improvement in strength, muscle tone, and overall fitness.
- **Efficiency and Effectiveness:** This high-intensity approach allows for more efficient workouts, maximizing results within the program's timeframe

**Stay focused, push your limits safely, and embrace the challenge. Your dedication to maximum effort will be reflected in your results.**

# EDUCATIONAL NOTES & TIPS

## EXTRA THINGS YOU SHOULD KNOW

### Logging

After completing the final set of each exercise, promptly note the following in your phone or workout log:

- Exercise name
- Weight used
- Number of repetitions completed

Example:

Week 1

A1: DB Shoulder Press / Weight: 45lb / Reps: 9

These notes will serve as a valuable reference for your subsequent workouts, particularly when adjusting weights in weeks 3 and 4 as per program recommendations.

### Drop Sets

A drop set is performed immediately after your final working set:

- Reduce the weight by 25-35% from your last working set
- Aim for 15-20 repetitions or until muscle failure, whichever comes first
- Maintain an exercise tempo of 1/0/1 (1 second eccentric, no pause, 1 second concentric)
- Avoid lockouts or pausing at the top or bottom of the movement

Example: If using 60lb dumbbells for your last set, drop to 40lb or 35lb dumbbells.

# EDUCATIONAL NOTES & TIPS

**Note:** Drop sets are designed to be challenging. The burning sensation indicates you're performing them correctly. While maintaining a quicker pace, ensure controlled movements to prevent injury.

**Load:** The amount of weight used during an exercise

**Volume:** The total number of repetitions performed in one session

**Intensity:** The level of perceived exertion during an exercise or set (scale of 1-10)

# EDUCATIONAL NOTES & TIPS

## DYNAMIC WARMUPS & MYOFASCIAL RELEASE

Only Foam roll 3 times per week to simplify it do  
MONDAY | WEDNESDAY | FRIDAY

### Upper Body

#### Upper Back Roll

Place the roller under your upper back, cross your arms, and lift your hips.

Roll from below the neck to the mid-back for 30 seconds

#### Chest/Deltoid

Lie on your stomach with the roller at shoulder height. Place your arm on the roller where the chest and shoulder meet.

Roll back and forth for 30 seconds, then switch sides

### Lower Body

#### Quadriceps Roll

Lie face-down, supporting your weight on your forearms.

Place the roller under one thigh and roll from above the knee to below the hip for 30 seconds.

Repeat on the other leg

#### Hamstrings Roll

Sit with legs extended, roller under your thighs.

Lift your hips and roll from below the hip to above the knee for 30 seconds per leg

## **Calf Roll**

**Sit with the roller under your lower leg.**

**Lift your hips and roll from below the knee to above the ankle for 30 seconds per leg**

## **IT Band**

**Lie on your side with the roller under your thigh.**

**Roll from just below the hip to just above the knee for 30 seconds per side**

## **Groin**

**Lie face down with the roller parallel to your body at hip level.**

**Place your bent leg on the roller and roll from inner knee to groin for 30 seconds per side**

# **PERFORM THESE DYNAMIC WARMUPS FOR 10-30YDS EVERDAY**

- **bird dog**
  - **Bear Crawl**
  - **Leg Swings**
  - **Lunges with rotation**
  - **Hip circles**
  - **High knees**
  - **Windmills**
  - **Forward hops or frog hops**
  - **Power skips**
  - **Worlds Greatest Stretch**
  - **Cross Body Torso Throw**
  - **Inchworm to Downward Dog**
  - **Elephant Walks**
  - **Jog back and forth**
  - **Jog side to side**
- Vacuum Stomach 3 sets of 1-minute exhales (This is for functional core rebuilding; you MUST do these every day.) regardless of the workout**

# ACTIVE RECOVERY SUNDAY

Active recovery just means we aren't pushing our bodies but we are still allowing for the blood to flow as much as possible

## Forms of active recovery:

- Yoga
- Going for a walk
- Swimming
- Going to the beach
- Mobility

Obviously pick something you'd stick to regardless of whether you were following this program or not!

Aim for the **15,000-20,000** steps every day even on your recovery days

# MARK EVERYDAY

## WHEN YOU:

- FINISH A WORKOUT
- EAT RIGHT
- SLEEP 6- 8 HOURS

1 2 3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22

23 24 25 26 27

28 29 30 31 32 33

34 35 36 37 38 39

40 41 42 43 44 45

46 47 48 49 50 51

52 53 54 55 56 57

58 59 60

# WATER INTAKE AND REST

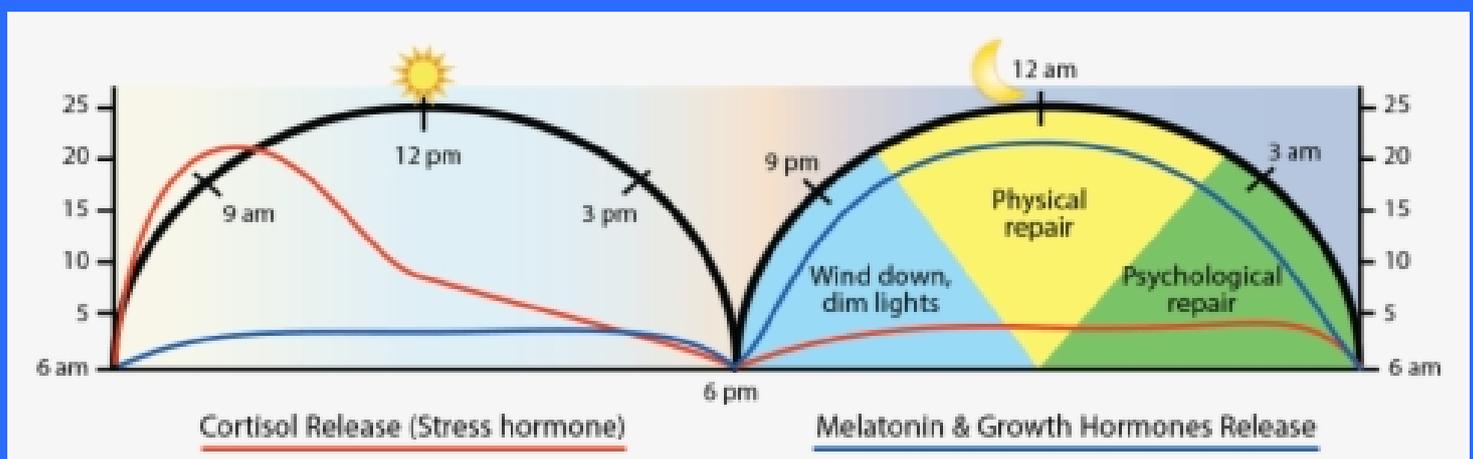
To keep it nice and simple you should be drinking half  
your bodyweight in Fluid Ounces

Your Current Weight  $\div$  2 = Oz of water you should be  
drinking

Make sure you're drinking water rich in minerals  
**DONT DRINK TAP WATER AND DONT DRINK WATER  
FROM A GALLON THAT ISN'T SEE-THROUGH**

if you drink coffee, allow your body to wake up for the  
first two hours **Do NOT** consume coffee or caffeine;  
instead, drink high-quality drinking water with a pinch  
of himalayan sea salt then, after 2 hours, drink that  
cafecito ;)

As far as sleep is concerned, you **NEED** to get atleast 6  
hours of sleep (8 is way better) if you care at all for your  
health and recovery



**THANK YOU  
KEEP PUSHING  
FOR YOURSELF**

**IF YOU HAVE ANY  
QUESTIONS OR NEED  
ANY HELP AT ALL  
PLEASE REACH OUT  
ASAP**

**INSTAGRAM:  
@DANIELJARGOTA**

**EMAIL:  
ARGOTAFITNESS@GMAIL.  
COM**

**(305) 877-7135**