



Hefy Montana Presents
BIDDAWG Fitness
Part 001 @EARTH2026

FITNESS!!



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Introduction : This is not a traditional program. I have collected some valuable information and constructed a versatile training that can be done anywhere .

I have 6 years of military training, a background of American style wrestling, body building and physique building. I put this program together as a hybrid athlete style training with an emphasis on improving stamina and muscle growth, working strength, and high intensity interval training.

This will grow and shred the body differently than using traditional workout splits. I praise daily fully body workouts along with an active lifestyle. This style of fitness kick starts a fast metabolism and shreds the body.

For best results pair this training with daily walking and a good diet. Remember you can walk a thousand miles with "Luh baby steps" . Best wishes good energy and you got this be great WOOF !!

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FITNESS!!

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Part 1: Foundation

Fit to Train: Build balance perform !

Introduction:

Simple program: Build base, improve movement, increase performance

Establish the process: Build fundamentals up to be fit to train

Utilization:

Train 4-5+ times per week

Adjust as needed

Each session will key in on:

Strengthening

Movement

Conditioning

Keep it simple, stay consistent.

Foundation: Fit to Train

Train consistently. Light activity is better than no activity

Focus on developing form balance and stabilizing muscles

Goal: Build better habits daily stay consistent have fun

First workouts:

Master these movements: Bear crawls pull-ups squats

Slow and steady controlled reps. Higher reps at modest weight then increase weight

Full-body strengthening improve stamina and breathing

Build up for more intense training

Take it slow find rhythm

Build form get comfortable have fun!



BEAR CRAWLS

Bear Crawls: DO THESE OFTEN !

Importance:

Full-body strengthening

Develops stamina

Improves breathing

Builds muscle groups to intensify training

Goal:

Build strong stabilizing muscles

Give the body a strong base

Method:

Walk on all fours engaging core, legs, arms, and shoulders.

Routine:

10 yards back and forth slow and steady keep butt low.

Beginner Tip: Do what you can and keep pushing !

This exercise is EXTREMELY effective in strengthening and toning the body.

For rapid development incorporate this movement consistently into your workout routine.

If full crawl is challenging or much space isn't available try the following variations:

Hold the stance step forward/back once or twice

Left/right

Hold base raise arm



PULL-UPS

Pull-Ups Top Priority: Ultimate cheat code !

Importance:

- Builds upper body strength**
- Develops back width and thickness**
- Improves grip strength**
- Builds V taper**

Goal:

- Build pulling muscles (back, biceps, shoulders)**
- Develop a strong chiseled upper body**

Method:

- Hang from a bar and pull your body up until chin clears the bar**

Routine:

- 3-5 sets of as many reps as possible (slow controlled form)**

Beginner Tip: Do what you can and then do it again !

- This exercise is very effective in building upper body strength and physique .**
- For rapid development incorporate consistently.**

If full pull-ups are challenging try:

- Assisted pull-ups (band or machine)**
- Negative pull-ups (slow lowering)**
- Dead hangs**



SQUATS

Squats : Everyday is Leg day !

Importance:

Strong legs live longer

Improves balance mobility and working strength

Full-body development. Similar to a trees trunk build the base and foundation to carry the body.

Power endurance and growth

Goal:

Strengthen legs

Give the body a strong base

Method:

Stand with feet shoulder-width, lower hips down and back, keep chest up, then drive up

Routine:

3-5 sets of 10-20 reps (steady controlled pace on the way up/down)

Front squats (goblet squats)

Weighted chair squats

Deep squats body weight

Side squats

Beginner Tip: Do body weight squats daily for rapid development !

Essential to building total body strength. Use this movement daily for best results.

Use variations often

If weighted squats are challenging try:

Half squats

Chair squats - perfect warm up

Wall sits

Assisted squats (hold support)



DEAD-LIFTS

Deadlifts : Strong back is a strong core !

Importance:

- Full-body strengthening
- Builds back, glutes, and hamstrings
- Improves posture and core stability

Goal:

- Build full body pulling strength
- Strengthen back and tighten core

Method:

- Hinge at hips, keep back straight, tighten core, lift weight from ground by driving through legs and hips

Routine:

- 3-5 sets of 5-12 reps (Focus on form)
- Start with light weight
- Always warm up beforehand
- Reps over weight

Beginner Tip: Do what you can and then keep on doing !

If full deadlifts are challenging try:

- Light weight deadlifts
- Romanian deadlifts
- Kettlebell deadlifts
- Hip hinge practice (Body weight)



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Wishing you the best for your workouts make the hard work fun !

Follow:

@HefyMontana for workouts and updates. Please see the upcoming action plan for the course and let's take a step forward a better you a better me a better us !

PART 1 — FOUNDATION

1. FIT TO TRAIN

Goal: build the habit first.

2. NUTRITION BASICS

Rule: adjust, don't restrict.

3. YOUR FIRST WORKOUT

Master movement

Focus:

- * Slow reps
- * Control
- * Clean form

PART 2 — BUILD STRENGTH

4. PROGRESSION

Avoiding plateaus
Progress and results

5. STABILITY & CORE

Train control stability strength

Result: better balance fewer injuries physique sculpting

PART 3 — MOVE BETTER

6. BALANCE THE BODY

Variety and variation

Target: Strengthen posture

7. MOBILITY

Relaxed and functional

Benefit:

move better, feel better, train harder

PART 4 — PERFORM

8. HYBRID TRAINING

Goal: High performance

9. FAT LOSS & MUSCLE

No extremes needed.

This is a versatile training program geared to build up from the foundation. Effective training for all levels of experience. Simple to follow simple delivery no cap on workout intensity. No shortcuts Have fun !

