



fastio[®]

GO

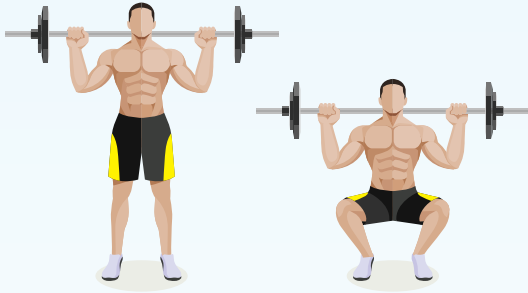
MUSCLE MASS

The best workouts for losing weight and gaining muscle mass combine high-intensity exercises with cardio!

Let's GO!



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- 1 Place your feet shoulder-width apart while holding a barbell. Squat, bending your knees and maintaining an upright posture.



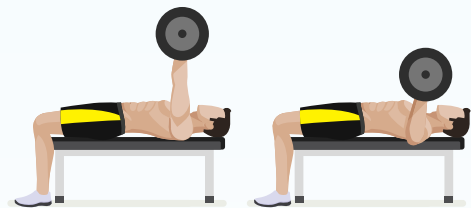
- 2 Lie down on your back and bend your knees, keeping your feet and hands on the floor. Squeeze your abs and, without arching your back, raise your legs to form a 90° angle with the floor.



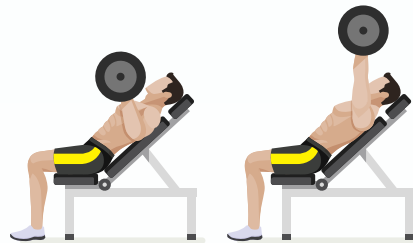
- 4 Sit on the floor and, with both hands behind your head, twist your torso to the left while raising your left knee to your chest. Repeat on the right side.

MUSCLE MASS

Do each move 30 times. Repeat the series of moves 3 times, resting for 1 minute between each cycle and rehydrating with Fastio Go. Do this workout 4 days per week.



- 3 Lie down on a bench and raise two dumbbells over your chest, keeping your arms fully straight. Slowly return to the starting position.



- 5 On a Smith machine, grip the barbell with your hands wider than shoulder-width apart and raise it over your head until your arms are fully extended. Hold for a few seconds and lower to shoulder height.