

# Backup

A full backup will create an archive of all the files and configurations on your website. You can only use this to move your account to another server, or to keep a local copy of your files. You **cannot** restore full backups through your cPanel interface.

## Backups Available for Download:

- [backup-3.31.2026\\_18-38-00\\_idiprongov.tar.gz](#) (Tue Mar 31 18:38:00 2026)
- [backup-5.4.2026\\_13-03-28\\_idiprongov.tar.gz](#) (Mon May 4 13:03:28 2026) [timeout]
- [backup-6.1.2026\\_11-37-14\\_idiprongov.tar.gz](#) (Mon Jun 1 11:37:14 2026) [timeout]
- [backup-7.1.2026\\_14-56-51\\_idiprongov.tar.gz](#) (Wed Jul 1 14:56:51 2026) [inprogress]

## Generate a Full Backup

Backup Destination

Home Directory

Email Address

monitoreo@esmihosting.co

Do not send email notification of backup completion.

Include integration links (may contain external account credentials).

Generate Backup

[Volver](#)