



40+ pages program

FITNESS EBOOK *template*

TABLE OF CONTENTS

1. ABOUT YOUR PROGRAM
2. WELCOME
3. HOW TO USE & NAVIGATE
4. NUTRITION TIPS
5. WARM UP EXERCISE



DAY ONE: LEG DAY



Front Squat 10/15 x 100/150 lb
 Lower body workout in which you squat with the barbell in front of your feet, resting on your shoulders.



Deadlift 10/15 x 100/150 lb
 Lower body workout in which you lift a barbell from the floor to your hips, keeping your back straight.



Lunging Lunge 10/15 x 100/150 lb
 Lower body workout in which you lunge forward with one leg, keeping your back straight.



Heel Stand 10/15 x 100/150 lb
 Lower body workout in which you stand on your heels, keeping your back straight.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

1. Front Squat
2. Deadlift
3. Lunging Lunge

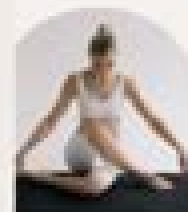
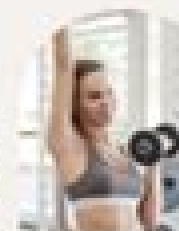
INSTRUCTIONS

1. Stand with feet hip-width apart, toes slightly out. Hold the barbell with both hands, resting it on your shoulders. Keep your back straight and your core engaged. Lower the barbell to the floor, keeping your feet flat and your back straight. Push the barbell back up to the starting position.

MEET YOUR TRAINERS

ALYSSA

Alyssa is a personal trainer with over 10 years of experience. She specializes in strength training and has helped many clients achieve their fitness goals.



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5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10/15 x 100/150 lb
 Deadlift 10/15 x 100/150 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/150 lb
 Pull-ups 10/15 x 10/15

DAY 3: CARD

30-minute cardio workout

DAY 4: BACK DAY

Deadlift 10/15 x 100/150 lb
 Bent Over Row 10/15 x 100/150 lb

DAY 5: ARM DAY

Bicep Curls 10/15 x 100/150 lb
 Tricep Dips 10/15 x 100/150 lb



NUTRITION TIPS

01. Eat a variety of fruits and vegetables to get a wide range of nutrients.
02. Drink plenty of water to stay hydrated.
03. Avoid sugary drinks and processed foods.
04. Get enough sleep to help your body recover.
05. Listen to your body and eat when you're hungry.

DAY FOUR: CHEST & TRICEPS



EXERCISE	SETS	REPS
Bench Press	4	10 x 15
Push-ups	4	10 x 15
Tricep Dips	4	10 x 15
Shoulder Press	4	10
Tricep Extension	4	10
Tricep Kick	4	10

WARM UP EXERCISE

Lower body workout in which you squat with the barbell in front of your feet, resting on your shoulders.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10/15 x 100/150 lb
 Deadlift 10/15 x 100/150 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/150 lb
 Pull-ups 10/15 x 10/15

DAY 3: CARD

30-minute cardio workout

DAY 4: BACK DAY

Deadlift 10/15 x 100/150 lb
 Bent Over Row 10/15 x 100/150 lb

Ebook Fitness Workout

Trey Andrews

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Ebook Fitness Workout:

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structure of the upper body muscles to optimizing nutrition before during and after working out warming up and cooling down these are the fundamentals that anyone working out needs to understand before starting any workout routine I explain all of this and more in detail so you have a full comprehensive understanding of the mechanisms needed to complete a successful upper body workout regimen

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- Chapter 2: Essential Elements of Ebook Fitness Workout
- Chapter 3: Ebook Fitness Workout in Everyday Life
- Chapter 4: Ebook Fitness Workout in Specific Contexts
- Chapter 5: Conclusion

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4. In chapter 3, the author will examine the practical applications of Ebook Fitness Workout in daily life. The third chapter will showcase real-world examples of how Ebook Fitness Workout can be effectively utilized in everyday scenarios.

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6. In chapter 5, the author will draw a conclusion about Ebook Fitness Workout. The final chapter will summarize the key points that have been discussed throughout the book.

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