



40+ pages program

FITNESS EBOOK *template*

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DAY ONE: LEG DAY



Front Squat 10-15 x 100-150 lb
Stand with feet hip-width apart, toes slightly out. Lower your body by pushing your hips back and down, keeping your chest up and core engaged. Push through your heels to return to the starting position.



Bulgarian Split Squat 10-15 x 100-150 lb
Place one foot on a bench or box behind you. Lower your body by pushing your hips back and down, keeping your chest up and core engaged. Push through your front heel to return to the starting position.



Deadlift 10-15 x 100-150 lb
Stand with feet hip-width apart, toes slightly out. Bend your hips and knees to lower your body, keeping your chest up and core engaged. Push through your heels to return to the starting position.



Hamstring Curl 10-15 x 100-150 lb
Lie on your back with your knees bent and feet flat on the floor. Lift your hips off the ground, keeping your chest up and core engaged. Lower your hips back to the starting position.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight and your core engaged.
- 2. Breathing: Inhale through your nose and exhale through your mouth.
- 3. Repetitions: Perform 10-15 repetitions.

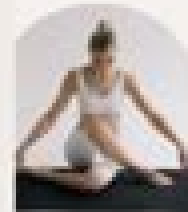
INSTRUCTIONS

1. Start in a plank position with your hands directly under your shoulders and your feet hip-width apart. Engage your core and hold the position for 30 seconds. 2. Repeat for 3 sets. 3. Rest for 1 minute between sets. 4. Total time: 15 minutes.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to help you achieve your fitness goals. They will provide you with personalized guidance and support throughout your journey.



ALL ABOUT YOUR

Trainers are here to help you achieve your fitness goals. They will provide you with personalized guidance and support throughout your journey.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Bulgarian Split 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
Overhead Press 10-15 x 100-150 lb
Pull-ups 10-15 x 100-150 lb

DAY 3: CARDIO

30-minute HIIT workout
30-minute steady-state cardio

DAY 4: LEG DAY

Front Squat 10-15 x 100-150 lb
Bulgarian Split Squat 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb

DAY 5: UPPER BODY DAY

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



NUTRITION TIPS

01. Stay hydrated by drinking plenty of water throughout the day.
02. Eat a balanced diet of lean proteins, healthy fats, and complex carbohydrates.
03. Avoid sugary drinks and processed foods.
04. Get enough sleep to support your recovery and overall health.
05. Listen to your body and adjust your nutrition plan as needed.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Bench Press	10-15	100-150 lb
Tricep Dips	10-15	100-150 lb
Overhead Press	10-15	100-150 lb
Tricep Extensions	10-15	100-150 lb
Tricep Push-ups	10-15	100-150 lb

WARM UP EXERCISE

Perform these exercises for 5-10 minutes before your main workout to warm up your muscles and joints.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Bulgarian Split 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
Overhead Press 10-15 x 100-150 lb
Pull-ups 10-15 x 100-150 lb

DAY 3: CARDIO

30-minute HIIT workout
30-minute steady-state cardio

DAY 4: LEG DAY

Front Squat 10-15 x 100-150 lb
Bulgarian Split Squat 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb

Ebook Fitness Workout

Trey Andrews

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Fitness For Dummies Suzanne Schlosberg, Liz Neporent, 2010-12-07 The latest and greatest in getting fit and staying that way Fitness For Dummies 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of Fitness For Dummies is all you need to get on track to a healthy new body

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