



# 40+ pages program

# FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
2. WELCOME
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## 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** 10/15 x 100/150 lb  
 Lower body workout in which you lunge forward with one leg, keeping your back straight.



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

## EXERCISE GUIDE

ARMY CURL



### EXERCISE GUIDE

- 1. Stand with feet hip-width apart.
- 2. Bend knees and lift arms.
- 3. Hold arms straight out.

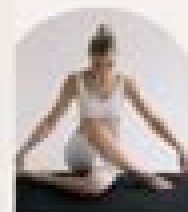
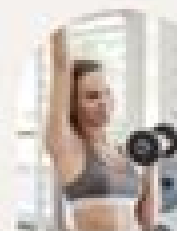
### INSTRUCTIONS

1. Stand with feet hip-width apart, arms straight out in front of you. 2. Bend knees and lift arms, keeping them straight out. 3. Hold arms straight out for 10 seconds. 4. Repeat for 10 sets.

## MEET YOUR TRAINERS

### ALL ABOUT YOUR

Trainers are the best people to have in your corner. They will help you stay motivated and push you to reach your goals.



### ALL ABOUT YOUR

Trainers are the best people to have in your corner. They will help you stay motivated and push you to reach your goals.

## 5 DAY WORKOUT PLAN

### DAY 1: LEG DAY

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

### DAY 2: CHEST DAY

Upper body workout in which you perform chest exercises, keeping your back straight.

### DAY 3: ARM DAY

Upper body workout in which you perform arm exercises, keeping your back straight.

### DAY 4: BACK DAY

Upper body workout in which you perform back exercises, keeping your back straight.

### DAY 5: CARDIO DAY

Cardio workout in which you perform cardio exercises, keeping your back straight.



## NUTRITION TIPS

1. Eat a variety of fruits and vegetables.
2. Drink plenty of water.
3. Get enough sleep.
4. Avoid sugary drinks.
5. Eat a balanced diet.

## DAY FOUR: CHEST & TRICEPS



| EXERCISE            | SETS | REPS    |
|---------------------|------|---------|
| Barbell Bench Press | 4    | 10 x 15 |
| Pushups             | 4    | 10 x 15 |
| Tricep Dips         | 4    | 10 x 15 |
| Tricep Extensions   | 4    | 10      |
| Tricep Pushups      | 4    | 10      |
| Tricep Kickbacks    | 4    | 10      |

## WARM UP EXERCISE

Lower body workout in which you perform warm up exercises, keeping your back straight.



## 4 DAY WORKOUT PLAN



### WEEKEND

Rest day

### WEEKEND

Rest day

### WEEKEND

Rest day

# **Fitness Workout Ebook**

**Dale L. Roberts**

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.

## **Fitness Workout Ebook:**

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**The Ultimate Lower Body Workout** Trey Andrews, 2024-03-20 Discover a wide range of effective and simple lower body exercises inside my new lower body workout eBook **The Ultimate Lower Body Workout 7 Day Complete Lower Body Workout for Fast Muscle Growth Strength** A must read book for anyone wanting to discover how they can begin improving their lower body workouts or for those who want to enhance their existing lower body workouts and define their physique following my science back proven workout solution to supercharge lower body muscle development and strength Inside my new lower body workout eBook you will discover **Lower Body Workout Basics** From the structure of the lower 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 lower body workout regimen

### Effective Lower Body Exercises

A selection of simple yet potent lower body workouts that will help you build your lower body strength and start developing more muscle mass quickly

From lower body workout beginners to experts the exercise and routines inside my eBook will help to supercharge your lower body workouts

### Detailed Exercise Instructions

Because enhancing your lower body shouldn't be difficult all of the effective lower body exercises inside my eBook have easy to follow complete instructions on how to do them even if you have never worked out before you'll be able to use the potent lower body exercises inside to increase your lower body strength and muscle mass

### Quick Easy Workout Routines

Many of the structured workout routines contained inside my lower body workout eBook can be completed within 30 minutes and still give you the benefit of enhancing your body while building your overall lower body strength and general fitness simply follow the workout routine of your choice and you can begin seeing physical results in just a few weeks

Plus so much more

Start reading my lower body workout eBook right now and access the full range of simple and effective lower body workouts contained inside and begin experiencing more enhanced productive and results driven lower body workouts like never before and start boosting your lower body strength and noticing a more defined physique in as little as just 3-4 weeks

*The Ultimate Core Workout* Trey Andrews, 2024-03-18

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### The Ultimate Core Workout

### 7 Day Complete Core Workout for Fast Muscle Growth Strength

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Inside my new core workout eBook you will discover

### Core Workout Basics

From the structure of the core 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 core workout regimen

### Effective Core Exercises

A selection of simple yet potent core workouts that will help you build your core strength and start developing more muscle mass quickly

From core workout beginners to experts the exercise and routines inside my eBook will help to supercharge your core workouts

### Detailed Exercise Instructions

Because enhancing your core shouldn't be difficult all of the effective core exercises inside my eBook have easy to follow complete exercise tutorials on how to do them even if you have never worked out before you'll be able to use the potent core exercises inside to increase your core strength and muscle mass

### Quick Easy Workout Routines

Many of the structured workout routines contained inside my core workout eBook can be completed within 30 minutes and still give you the benefit of enhancing your body while building your overall core strength and general fitness

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