



# 40+ pages program

# FITNESS EBOOK *template*

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2. WELCOME
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## DAY ONE: LEG DAY



**Front Squat** 10-15 x 10-15 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 back straight. Push through your heels to stand back up.



**Reverse Lunge** 10-15 x 10-15 lb  
Stand with feet hip-width apart. Step one foot back, lowering your hips until both knees are bent at a 90-degree angle. Push through the front foot to stand back up.



**Deadlift** 10-15 x 10-15 lb  
Stand with feet hip-width apart, toes slightly out. Bend your hips and knees to lower your body, keeping your back straight. Push through your heels to stand back up.



**Bicep Curl** 10-15 x 10-15 lb  
Stand with feet hip-width apart. Bend your elbows to lift the weights up towards your shoulders, keeping your back straight. Lower the weights back down.

## EXERCISE GUIDE

ARMY CURE



### EXERCISE GUIDE

- 1. Front Squat
- 2. Reverse Lunge
- 3. Deadlift
- 4. Bicep Curl

### INSTRUCTIONS

1. Warm-up: 5 minutes of light cardio (jogging or jumping jacks) to get your heart rate up and your muscles warm.

2. Main workout: Perform the exercises in the order listed, using the provided instructions and reps/sets.

3. Rest: Take 1-2 minutes of rest between sets to allow your muscles to recover.

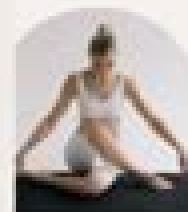
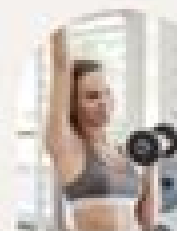
4. Cool-down: 5 minutes of stretching to help reduce muscle soreness and improve flexibility.

5. Hydration: Drink plenty of water throughout the day to stay hydrated.

## MEET YOUR TRAINERS

### ALYSSA JONES

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.



### ALYSSA JONES

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.

## 5 DAY WORKOUT PLAN

### DAY 1: LEG DAY

Front Squat 10-15 x 10-15 lb  
Reverse Lunge 10-15 x 10-15 lb  
Deadlift 10-15 x 10-15 lb

### DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 10-15 lb  
Tricep Extension 10-15 x 10-15 lb  
Shoulder Press 10-15 x 10-15 lb

### DAY 3: REST

Rest day to allow your muscles to recover and prevent injury.

### DAY 4: LOWER BODY DAY

Front Squat 10-15 x 10-15 lb  
Reverse Lunge 10-15 x 10-15 lb  
Deadlift 10-15 x 10-15 lb

### DAY 5: REST

Rest day to allow your muscles to recover and prevent injury.



## NUTRITION TIPS

1. Eat a balanced diet of protein, carbohydrates, and healthy fats.
2. Stay hydrated by drinking plenty of water throughout the day.
3. Avoid processed foods, sugary drinks, and excessive alcohol.
4. Get enough sleep to allow your body to recover and rebuild muscle.
5. Listen to your body and adjust your diet accordingly.

## DAY FOUR: CHEST & TRICEPS



| EXERCISE         | SETS | REPS  |
|------------------|------|-------|
| Chest Press      | 3    | 10-15 |
| Tricep Extension | 3    | 10-15 |
| Shoulder Press   | 3    | 10-15 |
| Bicep Curl       | 3    | 10-15 |
| Deadlift         | 3    | 10-15 |

## WARM UP EXERCISE

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



## 4 DAY WORKOUT PLAN



### DAY 1: LEG DAY

Front Squat 10-15 x 10-15 lb  
Reverse Lunge 10-15 x 10-15 lb  
Deadlift 10-15 x 10-15 lb

### DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 10-15 lb  
Tricep Extension 10-15 x 10-15 lb  
Shoulder Press 10-15 x 10-15 lb

### DAY 3: REST

Rest day to allow your muscles to recover and prevent injury.

### DAY 4: LOWER BODY DAY

Front Squat 10-15 x 10-15 lb  
Reverse Lunge 10-15 x 10-15 lb  
Deadlift 10-15 x 10-15 lb

# Fitness Workout Ebook

**Didier Musso**



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