



# 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  
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.



**Lunging Lunge** 10-15 x 100-150 lb  
Stand with feet hip-width apart. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Push back up 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 back straight. Push through your heels to stand back up.



**Bicep Curl** 10-15 x 100-150 lb  
Stand with feet hip-width apart. Bend your elbows to lift the weights up towards your shoulders, keeping your wrists straight. Lower the weights back down to the starting position.

## EXERCISE GUIDE

ARMY CURE



### EXERCISE GUIDE

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

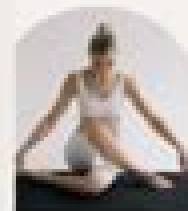
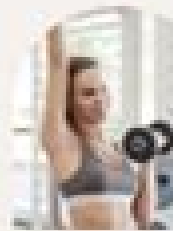
### INSTRUCTIONS

1. Warm up your muscles with a light jog or brisk walk for 5 minutes.  
2. Perform the exercises in the order listed, with 30 seconds of rest between sets.  
3. Complete 3 sets of each exercise.  
4. Stretch for 5 minutes after your workout.  
5. Hydrate and eat a healthy meal within 2 hours of your workout.

## MEET YOUR TRAINERS

### ALL ABOUT YOUR

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



### ALL ABOUT YOUR

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

## 5 DAY WORKOUT PLAN

### DAY 1: LEG DAY

Front Squat, Lunging Lunge, Deadlift, Bicep Curl, Plank

### DAY 2: UPPER BODY DAY

Bicep Curl, Tricep Pushdown, Shoulder Press, Lat Pulldown, Plank

### DAY 3: CARDIO

30-minute jog, 10-minute strength training, 10-minute stretching

### DAY 4: BACK DAY

Lat Pulldown, Seated Cable Row, Bent Over Row, Plank

### DAY 5: ARM DAY

Bicep Curl, Tricep Pushdown, Forearm Curl, Plank



## NUTRITION TIPS

1. Eat a variety of fruits and vegetables to get essential vitamins and minerals.
2. Drink plenty of water to stay hydrated throughout the day.
3. Consume protein-rich foods to support muscle growth and repair.
4. Avoid sugary drinks and processed foods to maintain a healthy diet.
5. Listen to your body and eat when you are hungry.

## DAY FOUR: CHEST & TRICEPS



### EXERCISE

### SETS

### REPS

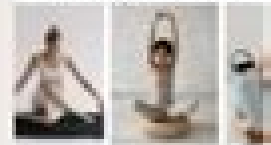
|                     |   |       |
|---------------------|---|-------|
| Barbell Bench Press | 4 | 10-15 |
| Tricep Pushdown     | 4 | 10-15 |
| Shoulder Press      | 4 | 10-15 |
| Tricep Kickback     | 4 | 10-15 |
| Plank               | 4 | 30-60 |
| Resting Day         | 1 | 0     |

## WARM UP EXERCISE

Warm up your muscles with a light jog or brisk walk for 5 minutes.



## 4 DAY WORKOUT PLAN



### WARM UP

Light jog or brisk walk for 5 minutes.

### EXERCISE

Front Squat, Lunging Lunge, Deadlift, Bicep Curl, Plank

# Ebook Fitness Workout

**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.

## **Ebook Fitness Workout:**

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

*The Home Workout Plan for Beginners* Dale L. Roberts, 2021-05-17 You know you should workout But you re not sure where to start What if you had all the info you need to start working out Imagine getting a short yet realistic workout program for beginners Then this book is your solution From the author of The 90 Day Home Workout Plan comes the ultimate fitness guide for beginners Most workouts are designed for people who have experience working out in the gym But not all workout programs can or will work for beginners Would you rather workout to your detriment Or exercise responsibly according to your fitness level With 8 different workouts you ll find everything you need to start working out and get sustainable results In The Home Workout Plan you ll discover How you don t have to feel excessively sore or tired after workouts Why short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results now You ll love this book because it ll have you feeling good and looking great in no time

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needed to complete a successful complete body workout regimen Effective Full Body Exercises A selection of simple yet potent full body workouts that will help you build your full body strength and start developing more muscle mass quickly From full body workout beginners to experts the exercise and routines inside my eBook will help to supercharge your workouts Detailed Exercise Techniques Because enhancing your body and physique shouldn't be difficult all of the effective full 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 complete body exercises inside to increase your overall strength and muscle mass Quick Easy Workout Routines Many of the structured workout routines contained inside my full body workout eBook can be completed within 30 minutes and still give you the benefit of enhancing your complete muscle structure while building your overall strength and 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 full body workout eBook right now and access the full range of simple and effective complete body workouts contained inside and begin experiencing more enhanced productive and results driven full body workouts like never before and start boosting your body's strength and noticing a more defined physique in as little as just 3-4 weeks

**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

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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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## **Table of Contents Ebook Fitness Workout**

1. Understanding the eBook Ebook Fitness Workout
  - The Rise of Digital Reading Ebook Fitness Workout
  - Advantages of eBooks Over Traditional Books
2. Identifying Ebook Fitness Workout
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Ebook Fitness Workout
  - User-Friendly Interface
4. Exploring eBook Recommendations from Ebook Fitness Workout
  - Personalized Recommendations
  - Ebook Fitness Workout User Reviews and Ratings
  - Ebook Fitness Workout and Bestseller Lists
5. Accessing Ebook Fitness Workout Free and Paid eBooks



- Ebook Fitness Workout Public Domain eBooks
- Ebook Fitness Workout eBook Subscription Services
- Ebook Fitness Workout Budget-Friendly Options
- 6. Navigating Ebook Fitness Workout eBook Formats
  - ePub, PDF, MOBI, and More
  - Ebook Fitness Workout Compatibility with Devices
  - Ebook Fitness Workout Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Ebook Fitness Workout
  - Highlighting and Note-Taking Ebook Fitness Workout
  - Interactive Elements Ebook Fitness Workout
- 8. Staying Engaged with Ebook Fitness Workout
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Ebook Fitness Workout
- 9. Balancing eBooks and Physical Books Ebook Fitness Workout
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Ebook Fitness Workout
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Ebook Fitness Workout
  - Setting Reading Goals Ebook Fitness Workout
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ebook Fitness Workout
  - Fact-Checking eBook Content of Ebook Fitness Workout
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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