



# 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 100/120 lb  
 Lower body workout in which you squat with the barbell in front of your feet, resting on your shoulders.



**Deadlift** 10/15 x 100/120 lb  
 Lower body workout in which you lift a barbell from the floor to your hips, keeping your back straight.



**Lunging** 10/15 x 100/120 lb  
 Lower body workout in which you lunge forward with one leg, keeping your back straight.



**Heel Stand** 10/15 x 100/120 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.

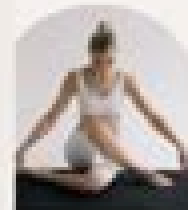
### INSTRUCTIONS

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 in front of you. 4. Repeat for 10-15 reps.

## MEET YOUR TRAINERS

### ALL ABOUT YOUR

Trainers are here to help you reach your goals. They will provide you with the best advice and support you need.



### ALL ABOUT YOUR

Trainers are here to help you reach your goals. They will provide you with the best advice and support you need.

## 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: UPPER BODY DAY

Upper body workout in which you lift a barbell from the floor to your hips, keeping your back straight.

### DAY 3: CARD

Cardio workout in which you run or jog for 30 minutes, keeping your heart rate up.

### DAY 4: BACK DAY

Back workout in which you lift a barbell from the floor to your hips, keeping your back straight.

### DAY 5: ARM DAY

Arm workout in which you lift a barbell from the floor to your hips, 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

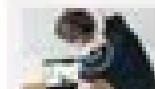


### EXERCISE GUIDE

|                     | SETS | REPS  |
|---------------------|------|-------|
| Barbell Bench Press | 4    | 10-12 |
| Pushups             | 3    | 15-20 |
| Tricep Dips         | 3    | 10-12 |
| Tricep Extensions   | 3    | 10-12 |
| Tricep Pushdowns    | 3    | 10-12 |
| Tricep Kickbacks    | 3    | 10-12 |

## 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



### WARM UP

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

### DAY 1: LEG DAY

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

# Ebook Fitness Workout

**Suzanne Schlosberg, Liz Neporent**

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

## **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

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The Ultimate Full Body Workout Trey Andrews, 2024-03-17 Discover a wide range of effective and simple Full Body exercises inside my new Full Body workout eBook The Ultimate Full Body Workout 7 Day Complete Full Body Workout for Fast Muscle Growth Strength A must read book for anyone wanting to discover how they can begin improving their full body workouts or for those who want to enhance their existing complete workouts and define their physique following my science back proven workout solution to supercharge full body muscle development and strength Inside my new full body workout eBook you will discover Full Body Workout Basics From the structure of the full body muscle groups 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

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