



40+ pages program

FITNESS EBOOK *template*

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42. DAY FORTY: CHEST & TRICEPS

DAY ONE: LEG DAY



Front Squat 10-15 x 100-150 lb
 1. Stand with feet hip-width apart, toes slightly out.
 2. Lower your body by pushing your hips back and down.
 3. Keep your chest up and back straight.



Reverse Lunge 10-15 x 100-150 lb
 1. Stand with feet hip-width apart.
 2. Step one foot back and lower your body.
 3. Keep your chest up and back straight.



Deadlift 10-15 x 100-150 lb
 1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.



Hip Thrust 10-15 x 100-150 lb
 1. Sit on the floor with feet hip-width apart.
 2. Push your hips up and back.
 3. Keep your chest up and back straight.

EXERCISE GUIDE

ARM CIRCLES



EXERCISE GUIDE

1. Stand with feet hip-width apart.
2. Bend at the hips and knees to lower your body.
3. Keep your chest up and back straight.

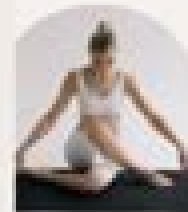
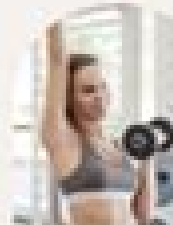
INSTRUCTIONS

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.
 4. Push your hips up and back.
 5. Keep your chest up and back straight.
 6. Bend at the hips and knees to lower your body.
 7. Keep your chest up and back straight.
 8. Push your hips up and back.
 9. Keep your chest up and back straight.
 10. Bend at the hips and knees to lower your body.
 11. Keep your chest up and back straight.
 12. Push your hips up and back.
 13. Keep your chest up and back straight.
 14. Bend at the hips and knees to lower your body.
 15. Keep your chest up and back straight.
 16. Push your hips up and back.
 17. Keep your chest up and back straight.
 18. Bend at the hips and knees to lower your body.
 19. Keep your chest up and back straight.
 20. Push your hips up and back.
 21. Keep your chest up and back straight.
 22. Bend at the hips and knees to lower your body.
 23. Keep your chest up and back straight.
 24. Push your hips up and back.
 25. Keep your chest up and back straight.

MEET YOUR TRAINERS

ALL ABOUT YOUR

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.



ALL ABOUT YOUR

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.

DAY 2: CHEST & TRICEPS

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.

DAY 3: ARM DAY

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.

DAY 4: LEG DAY

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.

DAY 5: CHEST & TRICEPS

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.

NUTRITION TIPS

01. Stand with feet hip-width apart.
Bend at the hips and knees to lower your body.
Keep your chest up and back straight.
02. Stand with feet hip-width apart.
Bend at the hips and knees to lower your body.
Keep your chest up and back straight.
03. Stand with feet hip-width apart.
Bend at the hips and knees to lower your body.
Keep your chest up and back straight.
04. Stand with feet hip-width apart.
Bend at the hips and knees to lower your body.
Keep your chest up and back straight.
05. Stand with feet hip-width apart.
Bend at the hips and knees to lower your body.
Keep your chest up and back straight.

DAY FOUR: CHEST & TRICEPS



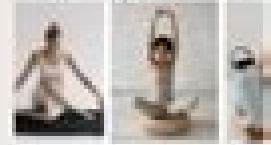
EXERCISE	SETS	REPS
Barbell Bench Press	4	10 x 150
Seated Bench Press	3	10 x 100
Pushup	3	10 x 20
Tricep Dip	3	10 x 10
Tricep Extension	3	10 x 10
Tricep Kickback	3	10 x 10
Tricep Pushdown	3	10 x 10

WARM UP EXERCISE

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.

DAY 2: CHEST & TRICEPS

1. Stand with feet hip-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.

Fitness Workout Ebook

Richard Bailey

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.

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