



40+ pages program

FITNESS EBOOK *template*

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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 core engaged. Push through your heels to stand back up.



Reverse Lunge 10-15 x 100-150 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 heel to return 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 and core engaged. 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, keeping your wrists straight and core engaged. Lower the weights back down to the starting position.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight and core engaged.
- 2. Breathing: Inhale through your nose and exhale through your mouth.
- 3. Consistency: Repeat the exercise for the full duration of the workout.

INSTRUCTIONS

1. Warm-up: Perform a 5-minute warm-up routine before starting the main workout.

2. Main Workout: Follow the exercise guide for each day, repeating the exercises for the full duration of the workout.

3. Cool-down: Perform a 5-minute cool-down routine after the main workout.

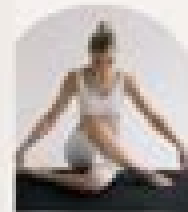
4. Progression: Increase the weight or duration of the exercises as you progress.

5. Consistency: Repeat the workout routine for the full duration of the program.

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.



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5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Reverse Lunge 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 100-150 lb
Tricep Extension 10-15 x 100-150 lb
Shoulder Press 10-15 x 100-150 lb

DAY 3: CARDIO

30-minute HIIT workout
20-minute strength training
10-minute stretching

DAY 4: LEG DAY

Front Squat 10-15 x 100-150 lb
Reverse Lunge 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb

DAY 5: UPPER BODY DAY

Bicep Curl 10-15 x 100-150 lb
Tricep Extension 10-15 x 100-150 lb
Shoulder Press 10-15 x 100-150 lb



NUTRITION TIPS

1. Stay hydrated: Drink plenty of water throughout the day.
2. Eat a balanced diet: Include lean proteins, healthy fats, and complex carbohydrates.
3. Avoid processed foods: These are high in calories and low in nutrients.
4. Get enough sleep: Sleep is essential for recovery and muscle growth.
5. Listen to your body: If you're feeling tired or hungry, it's a sign you need to rest or eat.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Bench Press	10-15	100-150 lb
Tricep Extension	10-15	100-150 lb
Chest Fly	10-15	100-150 lb
Tricep Pushdown	10-15	100-150 lb
Shoulder Press	10-15	100-150 lb
Bicep Curl	10-15	100-150 lb

WARM UP EXERCISE

Perform these exercises for 5 minutes before starting your main workout.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Reverse Lunge 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 100-150 lb
Tricep Extension 10-15 x 100-150 lb
Shoulder Press 10-15 x 100-150 lb

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