



40+ pages program

FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
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4. NUTRITION TIPS
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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 Lunge 10/15 x 100/120 lb
 Lower body workout in which you lunge forward with one leg, keeping your back straight.



Heel Calf Raise 10/15 x 100/120 lb
 Lower body workout in which you stand on your heels and lift your body up, keeping your back straight.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight, head down, and feet flat on the floor.
- 2. Breathing: Inhale through your nose and exhale through your mouth.
- 3. Core Engagement: Tighten your core muscles throughout the exercise.

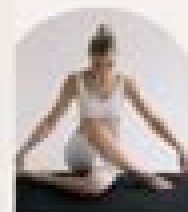
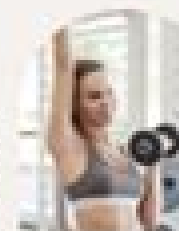
INSTRUCTIONS

1. Start in a plank position with your hands directly under your shoulders and your feet flat on the floor. Engage your core and hold the position for 30 seconds. Breathe in through your nose and out through your mouth. Repeat for 3 sets.

MEET YOUR TRAINERS

ALL ABOUT YOUR

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



ALL ABOUT YOUR

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

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
 Deadlift 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/120 lb
 Pull-ups 10/15 x 10/12

DAY 3: CARDIO

30-minute HIIT workout
 10-minute core workout

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
 Lat Pulldown 10/15 x 100/120 lb

DAY 5: REST DAY

Rest day to allow your muscles to recover and rebuild.



NUTRITION TIPS

1. Stay hydrated: Drink plenty of water throughout the day.
2. Eat balanced meals: Include protein, carbs, and healthy fats.
3. Listen to your body: Eat when you're hungry and stop when you're full.
4. Get enough sleep: Aim for 7-9 hours of sleep per night.
5. Avoid processed foods: Focus on whole, nutrient-dense foods.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Bench Press	10	100/120 lb
Tricep Dips	15	Bodyweight
Tricep Pushdown	15	10/15 lb
Tricep Kickback	15	10/15 lb
Tricep Extension	15	10/15 lb

WARM UP EXERCISE

Perform these exercises for 5 minutes before your main workout.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
 Deadlift 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/120 lb
 Pull-ups 10/15 x 10/12

DAY 3: CARDIO

30-minute HIIT workout
 10-minute core workout

DAY 4: REST DAY

Rest day to allow your muscles to recover and rebuild.

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.

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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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