



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 Lunge 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 CURE



EXERCISE GUIDE

- 1. Front Squat
- 2. Deadlift
- 3. Lunging Lunge

INSTRUCTIONS

1. Stand with feet hip-width apart, toes pointing forward. Hold a barbell with both hands, resting it on your shoulders. Lower your body by pushing your hips back and down, keeping your back straight. Push back up to the starting position.

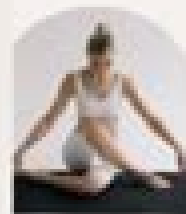
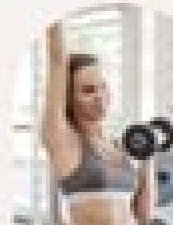
2. Stand with feet hip-width apart, toes pointing forward. Hold a barbell with both hands, resting it on your hips. Lower your body by pushing your hips back and down, keeping your back straight. Push back up to the starting position.

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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 to succeed.



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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: CHEST DAY

Bench Press 10/15 x 100/120 lb
 Incline Bench Press 10/15 x 100/120 lb

DAY 3: ARM DAY

Bicep Curl 10/15 x 100/120 lb
 Tricep Extension 10/15 x 100/120 lb

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
 Bent Over Row 10/15 x 100/120 lb

DAY 5: CARDIO DAY

Cardio 30 minutes
 Yoga 15 minutes



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



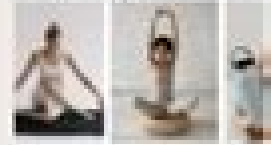
EXERCISE	SETS	REPS
Bench Press	4	10 x 120
Incline Bench Press	4	10 x 120
Tricep Extension	4	10 x 120
Bicep Curl	4	10 x 120
Deadlift	4	10 x 120
Cardio	4	10 x 120

WARM UP EXERCISE

Cardio 10 minutes
 Yoga 10 minutes



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: CHEST DAY

Bench Press 10/15 x 100/120 lb
 Incline Bench Press 10/15 x 100/120 lb

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