



40+ pages program

FITNESS EBOOK *template*

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DAY ONE: LEG DAY



Front Squat 10/15 x 100/120 lb
Squat with feet hip-width apart, toes slightly out. Lower hips back and down, keeping the back straight. Push through the heels to stand up.



Reverse Lunge 10/15 x 100/120 lb
Step back with one foot, lowering hips until both knees are bent at 90 degrees. Push back up to the starting position.



Deadlift 10/15 x 100/120 lb
Stand with feet hip-width apart, toes under the hips. Bend at the hips and knees to lower the bar. Push through the heels to stand up.



Heel Stand 10/15 x 100/120 lb
Stand on your heels, lowering hips until the knees are bent at 90 degrees. Push back up to the starting position.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

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

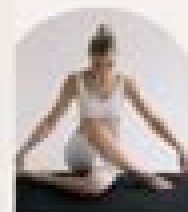
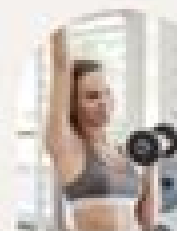
INSTRUCTIONS

1. Start in a plank position with your hands under your shoulders and your feet flat on the floor. Engage your core and hold 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 support you on your fitness journey. They will provide you with guidance, motivation, and accountability. They will also help you set realistic goals and track your progress.



ALL ABOUT YOUR

Trainers are here to support you on your fitness journey. They will provide you with guidance, motivation, and accountability. They will also help you set realistic goals and track your progress.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat, Reverse Lunge, Deadlift, Heel Stand

DAY 2: UPPER BODY DAY

Bicep Curl, Tricep Pushdown, Shoulder Press

DAY 3: CARDIO

Interval Training, Jogging, Core Exercises

DAY 4: BACK DAY

Lat Pulldown, Seated Cable Row, Bent Over Row

DAY 5: REST DAY

Rest and Recover, Stretching, Hydration



NUTRITION TIPS

1. Stay hydrated by drinking water throughout the day.
2. Eat a balanced diet of fruits, vegetables, lean protein, and whole grains.
3. Avoid sugary drinks and processed foods.
4. Get enough sleep to support your body's recovery.
5. Listen to your body and don't overexert yourself.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Bench Press	10	100/120
Tricep Pushdown	15	10/12
Chest Fly	12	10/12
Tricep Extension	15	10/12
Shoulder Press	10	10/12
Tricep Kickback	15	10/12
Tricep Dip	10	10/12

WARM UP EXERCISE

Warm up your body by doing light cardio and stretching for 5-10 minutes before your workout.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat, Reverse Lunge, Deadlift, Heel Stand

DAY 2: UPPER BODY DAY

Bicep Curl, Tricep Pushdown, Shoulder Press

DAY 3: CARDIO

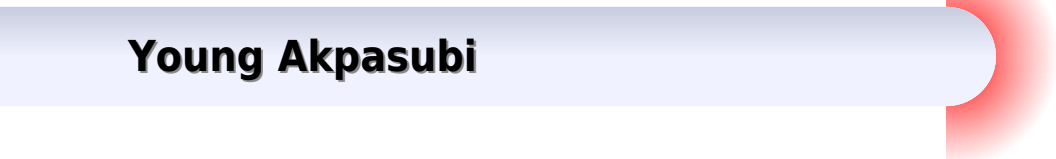
Interval Training, Jogging, Core Exercises

DAY 4: BACK DAY

Lat Pulldown, Seated Cable Row, Bent Over Row

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Young Akpasubi



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