



40+ pages program

FITNESS EBOOK *template*

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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 CURL



EXERCISE GUIDE

- 1. Stand with feet hip-width apart
- 2. Bend your knees and hips to lower your body
- 3. Push through your heels to stand back up

INSTRUCTIONS

1. 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.

2. 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.

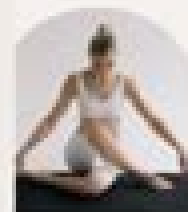
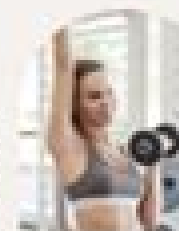
3. Stand with feet hip-width apart, toes slightly out. Bend your hips and knees to lower your body, keeping your back straight and core engaged. Push through your heels to stand back up.

4. 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.

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 100-150 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 Pushdown 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 Pushdown 10-15 x 100-150 lb
Shoulder Press 10-15 x 100-150 lb



NUTRITION TIPS

1. Eat a variety of fruits and vegetables to get essential vitamins and minerals.
2. Drink plenty of water to stay hydrated throughout the day.
3. Avoid sugary drinks and processed foods to maintain a healthy diet.
4. Get enough sleep to allow your body to recover and rebuild.
5. Listen to your body and adjust your workout intensity accordingly.

DAY FOUR: CHEST & TRICEPS



EXERCISE	SETS	REPS
Chest Press	3	10-15
Tricep Pushdown	3	10-15
Shoulder Press	3	10-15
Bicep Curl	3	10-15
Deadlift	3	10-15

WARM UP EXERCISE

Perform these exercises for 5-10 minutes before your main workout to warm up your muscles and prevent injury.



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 Pushdown 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

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