



40+ pages program

FITNESS EBOOK *template*

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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 100-150 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.



Lunging Lunge 10-15 x 100-150 lb
Stand with feet hip-width apart. Step one foot forward, lowering your hips until both knees are bent at a 90-degree angle. Push back up 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 up towards your shoulders, keeping your wrists straight and core engaged. Lower the weights back down to the starting position.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Front Squat
- 2. Lunging Lunge
- 3. Deadlift
- 4. Bicep Curl

INSTRUCTIONS

1. Warm up with 5 minutes of light cardio (jogging, jumping jacks, etc.) to get your heart rate up and your muscles warmed up.

2. Perform the exercises in the order listed, using the recommended weights and reps.

3. Rest for 1-2 minutes between sets.

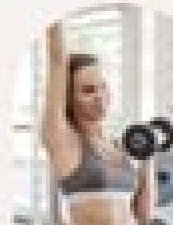
4. After completing all exercises, stretch for 5-10 minutes.

5. Hydrate and eat a healthy meal within 30 minutes of finishing your workout.

MEET YOUR TRAINERS

ALL ABOUT YOUR

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



ALL ABOUT YOUR

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

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Lunging Lunge 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb
Bicep Curl 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

Pushups 10-15 x 100-150 lb
Pullups 10-15 x 100-150 lb
Shoulder Press 10-15 x 100-150 lb
Bicep Curl 10-15 x 100-150 lb

DAY 3: CARDIO

30-minute jog
20-minute jump rope
10-minute core workout

DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb
Lat Pulldown 10-15 x 100-150 lb
Bicep Curl 10-15 x 100-150 lb
Core workout

DAY 5: REST DAY

Rest day! Take a break from your workout routine to allow your muscles to recover.



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 that can lead to weight gain.
4. Get enough sleep to allow your body to recover and rebuild muscle.
5. Listen to your body and eat when you're hungry, but stop when you're full.

DAY FOUR: CHEST & TRICEPS



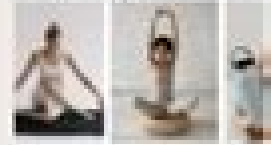
Exercise	Reps	Weight
Barbell Bench Press	10-15	100-150 lb
Pushups	10-15	0 lb
Tricep Dips	10-15	0 lb
Tricep Extension	10-15	10-15 lb
Shoulder Press	10-15	10-15 lb
Core Workout	10-15	0 lb

WARM UP EXERCISE

Warm up your body with 5-10 minutes of light cardio (jogging, jumping jacks, etc.) to get your heart rate up and your muscles warmed up.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Lunging Lunge 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb
Bicep Curl 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

Pushups 10-15 x 100-150 lb
Pullups 10-15 x 100-150 lb
Shoulder Press 10-15 x 100-150 lb
Bicep Curl 10-15 x 100-150 lb

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