



40+ pages program

FITNESS EBOOK *template*

TABLE OF CONTENTS

1. ABOUT YOUR PROGRAM
2. WELCOME
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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 back straight and core engaged. Push through your heels to return to the starting position.



Reverse Lunge 10-15 x 100-150 lb
Stand with feet hip-width apart. Step one foot back and lower your body by pushing your hips back and down, keeping your back straight and core engaged. 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 return to the starting position.



Bicep Curl 10-15 x 100-150 lb
Stand with feet hip-width apart. Bend your elbows to lift the weights, keeping your back straight and core engaged. Lower the weights back down to the starting position.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

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

INSTRUCTIONS

1. Warm-up: 5 minutes of light cardio (e.g., jogging in place) to get your heart rate up and your muscles warm.

2. Main Workout: Perform the exercises in the order listed, completing the specified sets and reps for each.

3. Rest: Take 30 seconds of rest between sets to allow your muscles to recover.

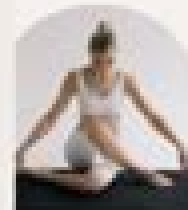
4. Cool-down: 5 minutes of stretching to help reduce muscle soreness and improve flexibility.

5. Hydration: Drink plenty of water throughout the workout to stay hydrated.

MEET YOUR TRAINERS

ALYSSA JONES

Alyssa is a personal trainer with over 10 years of experience. She specializes in strength training and has helped many clients achieve their fitness goals.



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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

DAY 3: CARDIO

30 minutes of cardio (e.g., jogging, cycling, or swimming)

DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb
Bicep Curl 10-15 x 100-150 lb

DAY 5: REST DAY

Rest day to allow your muscles to recover and rebuild.



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. Get enough sleep to allow your body to recover and rebuild.
4. Avoid processed foods and sugary drinks to maintain a healthy diet.
5. Listen to your body and eat when you are hungry.

DAY FOUR: CHEST & TRICEPS



EXERCISE GUIDE

EXERCISE	SETS	REPS
Barbell Bench Press	4	10-15
Pushups	3	10-15
Tricep Pushdown	4	10-15
Overhead Tricep Extension	3	10-15
Tricep Kickback	3	10-15
Tricep Dip	3	10-15

WARM UP EXERCISE

Perform these exercises for 5 minutes before your main workout to warm up your muscles and joints.



4 DAY WORKOUT PLAN



WEEKEND

Rest day to allow your muscles to recover and rebuild.

WEEKEND

Rest day to allow your muscles to recover and rebuild.

Ebook Fitness Workout

Trey Andrews

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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1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Ebook Fitness Workout
- Chapter 2: Essential Elements of Ebook Fitness Workout
- Chapter 3: Ebook Fitness Workout in Everyday Life
- Chapter 4: Ebook Fitness Workout in Specific Contexts
- Chapter 5: Conclusion

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3. In chapter 2, this book will delve into the foundational concepts of Ebook Fitness Workout. This chapter will elucidate the essential principles that must be understood to grasp Ebook Fitness Workout in its entirety.
4. In chapter 3, the author will examine the practical applications of Ebook Fitness Workout in daily life. The third chapter will showcase real-world examples of how Ebook Fitness Workout can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Ebook Fitness Workout in specific contexts. This chapter will explore how Ebook Fitness Workout is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Ebook Fitness Workout. This chapter will summarize the key points that have been discussed throughout the book.

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