



40+ pages program

FITNESS EBOOK *template*

TABLE OF CONTENTS

1. ABOUT YOUR PROGRAM
2. WELCOME
3. HOW TO USE THIS PROGRAM
4. MEAL PLANS & RECIPES
5. RESOURCE LINKS



DAY ONE: LEG DAY



Front Squat 10-15 x 100-150 lb
Squat with feet hip-width apart, toes slightly out. Lower down until thighs are parallel to the floor, then push back up.



Reverse Lunge 10-15 x 100-150 lb
Lunge with feet hip-width apart, toes slightly out. Lower down until the back knee is on the floor, then push back up.



Deadlift 10-15 x 100-150 lb
Lunge with feet hip-width apart, toes slightly out. Lower down until the back knee is on the floor, then push back up.



Bicep Curl 10-15 x 100-150 lb
Lunge with feet hip-width apart, toes slightly out. Lower down until the back knee is on the floor, then push back up.

EXERCISE GUIDE

ARMY CURL



EXERCISE GUIDE

- 1. Stand with feet hip-width apart
- 2. Bend knees and hips, lowering down
- 3. Push back up

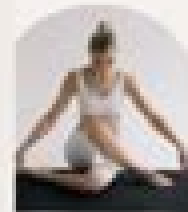
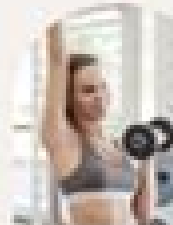
INSTRUCTIONS

1. Stand with feet hip-width apart, toes slightly out. Lower down until the back knee is on the floor, then push back up.

MEET YOUR TRAINERS

ALYSSA COLE

Alyssa is a personal trainer and fitness enthusiast. She has been working out for over 10 years and has helped many people 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

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-minute HIIT workout
20-minute yoga

DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb
Lat Pulldown 10-15 x 100-150 lb

DAY 5: REST DAY

Rest day
Stretching and foam rolling



NUTRITION TIPS

1. Eat a variety of fruits and vegetables
2. Drink plenty of water
3. Get enough protein
4. Eat healthy fats
5. Avoid processed foods

DAY FOUR: CHEST & TRICEPS



EXERCISES

EXERCISE	SETS	REPS
Barbell Bench Press	4	10-15
Cable Flys	3	10-15
Tricep Pushdown	3	10-15
Tricep Dips	3	10-15
Tricep Kickback	3	10-15
Tricep Extension	3	10-15
Tricep Pushup	3	10-15

WARM UP EXERCISE

Perform these exercises for 5 minutes before your workout.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Reverse Lunge 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-minute HIIT workout
20-minute yoga

DAY 4: REST DAY

Rest day
Stretching and foam rolling

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**Nigel Keith Stepto,Cheryce L.
Harrison,Trine Moholdt,Angelica
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Table of Contents Fitness Workout Ebook

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 - The Rise of Digital Reading Fitness Workout Ebook
 - Advantages of eBooks Over Traditional Books
2. Identifying Fitness Workout Ebook
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fitness Workout Ebook
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fitness Workout Ebook
 - Personalized Recommendations

- Fitness Workout Ebook User Reviews and Ratings
- Fitness Workout Ebook and Bestseller Lists
- 5. Accessing Fitness Workout Ebook Free and Paid eBooks
 - Fitness Workout Ebook Public Domain eBooks
 - Fitness Workout Ebook eBook Subscription Services
 - Fitness Workout Ebook Budget-Friendly Options
- 6. Navigating Fitness Workout Ebook eBook Formats
 - ePub, PDF, MOBI, and More
 - Fitness Workout Ebook Compatibility with Devices
 - Fitness Workout Ebook Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fitness Workout Ebook
 - Highlighting and Note-Taking Fitness Workout Ebook
 - Interactive Elements Fitness Workout Ebook
- 8. Staying Engaged with Fitness Workout Ebook
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fitness Workout Ebook
- 9. Balancing eBooks and Physical Books Fitness Workout Ebook
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fitness Workout Ebook
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Fitness Workout Ebook
 - Setting Reading Goals Fitness Workout Ebook
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fitness Workout Ebook
 - Fact-Checking eBook Content of Fitness Workout Ebook

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
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 - Interactive and Gamified eBooks

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