



40+ pages program

FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
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4. NUTRITION TIPS
5. WARM UP EXERCISE



DAY ONE: LEG DAY



Front Squat 10/15 x 100/120 lb
 Lower body workout in which you squat with the barbell in front of your feet, resting on your shoulders.



Deadlift 10/15 x 100/120 lb
 Lower body workout in which you lift a barbell from the floor to your hips, keeping your back straight.



Lunging 10/15 x 100/120 lb
 Lower body workout in which you lunge forward with one leg, keeping your back straight.



Heel Raise 10/15 x 100/120 lb
 Lower body workout in which you raise your heels, keeping your back straight.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight, head down, and feet flat on the floor.
- 2. Breathing: Inhale through your nose and exhale through your mouth.
- 3. Duration: Hold for 30 seconds.

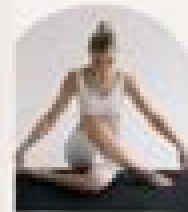
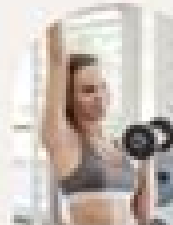
INSTRUCTIONS

1. Start in a plank position with your hands under your shoulders and feet flat on the floor.
 2. Engage your core and hold the position for 30 seconds.
 3. Breathe in through your nose and out through your mouth.
 4. Repeat for 3 sets.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to help you reach your fitness goals. They will provide you with a personalized workout plan and track your progress.



ALL ABOUT YOUR

Trainers are here to help you reach your fitness goals. They will provide you with a personalized workout plan and track your progress.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
 Deadlift 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/120 lb
 Shoulder Press 10/15 x 100/120 lb

DAY 3: CARDIO

30 min Jog
 10 min HIIT

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
 Bent Over Row 10/15 x 100/120 lb

DAY 5: REST DAY

Rest day to allow your muscles to recover.



NUTRITION TIPS

1. Eat a balanced diet with protein, carbs, and healthy fats.
2. Stay hydrated by drinking plenty of water.
3. Avoid sugary drinks and processed foods.
4. Get enough sleep to allow your body to recover.
5. Listen to your body and eat when you are hungry.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Bench Press	10	100/120 lb
Tricep Dips	15	Body Weight
Tricep Pushdown	15	10/15 x 100/120 lb
Shoulder Press	10	100/120 lb
Tricep Kickback	15	10/15 x 100/120 lb
Tricep Extension	15	10/15 x 100/120 lb

WARM UP EXERCISE

Perform these exercises for 5 minutes before your main workout.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
 Deadlift 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/120 lb
 Shoulder Press 10/15 x 100/120 lb

DAY 3: CARDIO

30 min Jog
 10 min HIIT

DAY 4: REST DAY

Rest day to allow your muscles to recover.

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.

Ebook Fitness Workout:

Fitness For Dummies Suzanne Schlosberg, Liz Neporent, 2010-12-07 The latest and greatest in getting fit and staying that way Fitness For Dummies 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of Fitness For Dummies is all you need to get on track to a healthy new body

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