



40+ pages program

FITNESS EBOOK *template*

TABLE OF CONTENTS

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 back straight. 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 foot to stand back up.



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. 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 back straight. Lower the weights back down.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight and your head down.
- 2. Breathing: Breathe in and out through your nose.
- 3. Consistent: Repeat the exercise for the full duration.

INSTRUCTIONS

1. Start in a plank position with your hands under your shoulders and your feet hip-width apart. Keep your back straight and your head down.

2. Hold this position for the full duration of the exercise.

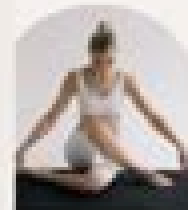
3. Breathe in and out through your nose.

4. Repeat the exercise for the full duration.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to help you achieve 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 achieve 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 100-150 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 jog
20-minute HIIT
10-minute stretching

DAY 4: BACK DAY

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

DAY 5: REST DAY

Rest day
Stretching
Meditation



NUTRITION TIPS

1. Eat a variety of fruits and vegetables.
2. Drink plenty of water.
3. Get enough protein.
4. Avoid sugary drinks.
5. Eat a balanced diet.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Barbell Bench Press	10	100-150 lb
Tricep Pushdown	10	10-15 lb
Shoulder Press	10	10-15 lb
Tricep Extension	10	10-15 lb
Tricep Pushup	10	10-15 lb

WARM UP EXERCISE

Warm up your body with these exercises before your main 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
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 jog
20-minute HIIT
10-minute stretching

DAY 4: REST DAY

Rest day
Stretching
Meditation

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

1. Understanding the eBook Fitness Workout Ebook
 - 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

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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