



40+ pages program

FITNESS EBOOK *template*

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DAY ONE: LEG DAY



Front Squat 10-15 x 100-150 lb
 1. Stand with feet hip-width apart, toes slightly out.
 2. Lower your body by pushing your hips back and down.
 3. Keep your chest up and back straight.



Reverse Lunge 10-15 x 100-150 lb
 1. Stand with feet hip-width apart, toes slightly out.
 2. Step one foot back and down, keeping your chest up.



Deadlift 10-15 x 100-150 lb
 1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your hips and knees to lower your body.



Bicep Curl 10-15 x 100-150 lb
 1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your elbows to lift your arms.

EXERCISE GUIDE

ARM CURVE



EXERCISE GUIDE

1. Stand with feet hip-width apart, toes slightly out.
2. Bend your knees to lower your body.
3. Keep your chest up and back straight.

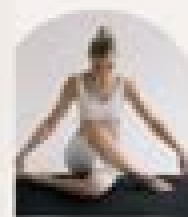
EXERCISE GUIDE

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.
 4. Push your hips back and down.
 5. Lower your body by pushing your hips back and down.
 6. Keep your chest up and back straight.
 7. Push your hips back and down.
 8. Lower your body by pushing your hips back and down.
 9. Keep your chest up and back straight.
 10. Push your hips back and down.
 11. Lower your body by pushing your hips back and down.
 12. Keep your chest up and back straight.

MEET YOUR TRAINERS

ALL ABOUT YOUR

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.



ALL ABOUT YOUR

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

DAY 2: CHEST & TRICEPS

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

DAY 3: ARM DAY

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

DAY 4: BACK DAY

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

DAY 5: ARM DAY

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

NUTRITION TIPS

01. Stand with feet hip-width apart, toes slightly out.
02. Bend your knees to lower your body.
03. Keep your chest up and back straight.
04. Push your hips back and down.
05. Lower your body by pushing your hips back and down.

DAY FOUR: CHEST & TRICEPS



EXERCISE	SETS	REPS
Barbell Bench Press	4	10 x 150
Weighted Dips	4	10 x 150
Tricep Dips	4	10 x 150
Tricep Pushdown	4	10 x 150
Tricep Kickback	4	10 x 150
Tricep Extension	4	10 x 150
Tricep Curl	4	10 x 150

WARM UP EXERCISE

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

DAY 2: CHEST & TRICEPS

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

DAY 3: ARM DAY

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

DAY 4: BACK DAY

1. Stand with feet hip-width apart, toes slightly out.
 2. Bend your knees to lower your body.
 3. Keep your chest up and back straight.

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**Francesca Lanfranconi, Lucio
Tremolizzo, Mauro Marzorati**



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Exercise and Sport: Their Influences on Women's Health Across the Lifespan, Volume II Trine Moholdt, Cheryce L. Harrison, Angelica Lindén Hirschberg, 2022-08-22

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