



40+ pages program

FITNESS EBOOK *template*

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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 100/120 lb
 Lower body workout in which you squat with the barbell in front of your feet, balanced on your shoulders.



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



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



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

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper form: Keep your back straight, head up, and feet flat on the ground.
- 2. Breathing: Inhale through your nose and exhale through your mouth.
- 3. Core: Engage your core muscles throughout the exercise.

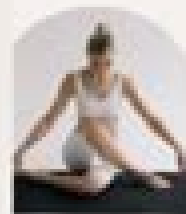
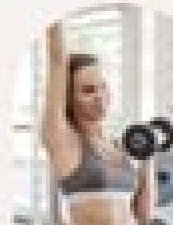
INSTRUCTIONS

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

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
 Pull-ups 10/15 x 100/120 lb

DAY 3: CARDIO

30-minute jog
 10-minute strength training

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
 Bent-over Row 10/15 x 100/120 lb

DAY 5: ARM DAY

Bicep Curl 10/15 x 100/120 lb
 Tricep Extension 10/15 x 100/120 lb



NUTRITION TIPS

1. Eat a balanced diet with plenty of fruits, vegetables, and whole grains.
2. Drink plenty of water throughout the day.
3. Avoid sugary drinks and processed foods.
4. Get enough sleep (7-9 hours) to support your metabolism.
5. Consult with a nutritionist for personalized advice.

DAY FOUR: CHEST & TRICEPS



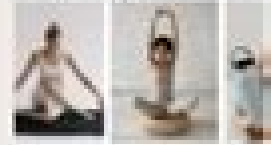
Exercise	Reps	Weight
Bench Press	10	100/120 lb
Tricep Extension	10	100/120 lb
Push-ups	10	100/120 lb
Shoulder Press	10	100/120 lb
Tricep Dips	10	100/120 lb

WARM UP EXERCISE

Lower body workout in which you squat with the barbell in front of your feet, balanced on your shoulders.



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
 Pull-ups 10/15 x 100/120 lb

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The Home Workout Plan for Beginners Dale L. Roberts, 2021-05-17 You know you should workout But you re not sure where to start What if you had all the info you need to start working out Imagine getting a short yet realistic workout program for beginners Then this book is your solution From the author of The 90 Day Home Workout Plan comes the ultimate fitness guide for beginners Most workouts are designed for people who have experience working out in the gym But not all workout programs can or will work for beginners Would you rather workout to your detriment Or exercise responsibly according to your fitness level With 8 different workouts you ll find everything you need to start working out and get sustainable results In The Home Workout Plan you ll discover How you don t have to feel excessively sore or tired after workouts Why short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results now You ll love this book because it ll have you feeling good and looking great in no time

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needed to complete a successful complete body workout regimen Effective Full Body Exercises A selection of simple yet potent full body workouts that will help you build your full body strength and start developing more muscle mass quickly From full body workout beginners to experts the exercise and routines inside my eBook will help to supercharge your workouts Detailed Exercise Techniques Because enhancing your body and physique shouldn't be difficult all of the effective full body exercises inside my eBook have easy to follow complete instructions on how to do them even if you have never worked out before you'll be able to use the potent complete body exercises inside to increase your overall strength and muscle mass Quick Easy Workout Routines Many of the structured workout routines contained inside my full body workout eBook can be completed within 30 minutes and still give you the benefit of enhancing your complete muscle structure while building your overall strength and fitness Simply follow the workout routine of your choice and you can begin seeing physical results in just a few weeks Plus so much more Start reading my full body workout eBook right now and access the full range of simple and effective complete body workouts contained inside and begin experiencing more enhanced productive and results driven full body workouts like never before and start boosting your body's strength and noticing a more defined physique in as little as just 3-4 weeks

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much more Start reading my lower body workout eBook right now and access the full range of simple and effective lower body workouts contained inside and begin experiencing more enhanced productive and results driven lower body workouts like never before and start boosting your lower body strength and noticing a more defined physique in as little as just 3 4 weeks [The Ultimate Core Workout](#) Trey Andrews,2024-03-18 Discover a wide range of effective and simple core exercises inside my new core workout eBook The Ultimate Core Workout 7 Day Complete Core Workout for Fast Muscle Growth Strength A must read book for anyone wanting to discover how they can begin improving their core workouts or for those who want to enhance their existing core workouts and define their physique following my science back proven workout solution to supercharge core muscle development and strength Inside my new core workout eBook you will discover Core Workout Basics From the structure of the core muscles to optimizing nutrition before during and after working out warming up and cooling down these are the fundamentals that anyone working out needs to understand before starting any workout routine I explain all of this and more in detail so you have a full comprehensive understanding of the mechanisms needed to complete a successful core workout regimen Effective Core Exercises A selection of simple yet potent core workouts that will help you build your core strength and start developing more muscle mass quickly From core workout beginners to experts the exercise and routines inside my eBook will help to supercharge your core workouts Detailed Exercise Instructions Because enhancing your core shouldnt be difficult all of the effective core exercises inside my eBook have easy to follow complete exercise tutorials on how to do them even if you have never worked out before you ll be able to use the potent core exercises inside to increase your core strength and muscle mass Quick Easy Workout Routines Many of the structured workout routines contained inside my core workout eBook can be completed within 30 minutes and still give you the benefit of enhancing your body while building your overall core strength and general fitness Simply follow the workout routine of your choice and you can begin seeing physical results in just a few weeks Plus so much more Start reading my core workout eBook right now and access the full range of simple and effective core workouts contained inside and begin experiencing more enhanced productive and results driven core workouts like never before and start boosting your core strength and noticing a more defined physique in as little as just 3 4 weeks *Deezify's Epic Workout Handbook* Fil Ruberto,2021-05-18 A fully illustrated guide to epic total body workouts featuring basic exercises ways to track your progress and an 8 week plan to jumpstart getting jacked [The Ultimate Upper Body Workout](#) Trey Andrews,2024-03-19 Discover a wide range of effective and simple upper body exercises inside my new upper body workout eBook The Ultimate Upper Body Workout 7 Day Complete Upper Body Workout for Fast Muscle Growth Strength A must read book for anyone wanting to discover how they can begin improving their upper body workouts or for those who want to enhance their existing upper body workouts and define their physique following my science back proven workout solution to supercharge upper body muscle development and strength Inside my new upper body workout eBook you will discover Upper Body Workout Basics From the

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Detailed Exercise Instructions Because enhancing your upper body shouldn't be difficult all of the effective upper body exercises inside my eBook have easy to follow complete instructions on how to do them even if you have never worked out before you'll be able to use the potent upper body exercises inside to increase your upper body strength and muscle mass

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