



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 100-150 lb
 Lower body workout in which you squat with the barbell in front of your feet, resting on your shoulders.



Deadlift 10-15 x 100-150 lb
 Lower body workout in which you lift a barbell from the floor to your hips, keeping your back straight.



Lunging 10-15 x 100-150 lb
 Lower body workout in which you lunge with the barbell in front of your feet, resting on your shoulders.



Heel Raise 10-15 x 100-150 lb
 Lower body workout in which you raise your heels with the barbell in front of your feet, resting on your shoulders.

EXERCISE GUIDE

ARMY CURL



EXERCISE GUIDE

- 1. Trunk Muscle (Core) 10-15 x 100-150 lb
- 2. Arm Muscle (Arm) 10-15 x 100-150 lb

INSTRUCTIONS

1. Start with your feet shoulder-width apart, arms extended forward, and your back straight.

2. Bend your knees and hips, lowering your body until your thighs are parallel to the floor.

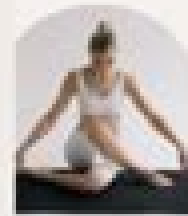
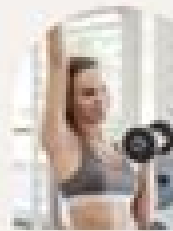
3. Push back up to the starting position, keeping your back straight.

4. Repeat for the desired number of sets and reps.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainer is a professional who helps you achieve your fitness goals. They provide you with a personalized workout plan and monitor your progress.



ALL ABOUT YOUR

Trainer is a professional who helps you achieve your fitness goals. They provide you with a personalized workout plan and monitor your progress.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
 Deadlift 10-15 x 100-150 lb

DAY 2: CHEST DAY

Bench Press 10-15 x 100-150 lb
 Incline Bench Press 10-15 x 100-150 lb

DAY 3: ARM DAY

Bicep Curl 10-15 x 100-150 lb
 Tricep Pushdown 10-15 x 100-150 lb

DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb
 Bent Over Row 10-15 x 100-150 lb

DAY 5: CARDIO DAY

Cardio 30-45 minutes
 Yoga 15-20 minutes



NUTRITION TIPS

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

DAY FOUR: CHEST & TRICEPS



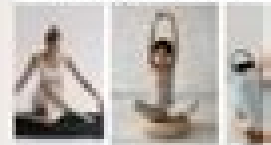
EXERCISE	SETS	REPS
Bench Press	4	10-15
Incline Bench Press	4	10-15
Tricep Pushdown	4	10-15
Bicep Curl	4	10-15
Shoulder Press	4	10-15
Lat Pulldown	4	10-15
Core	4	10-15

WARM UP EXERCISE

Cardio 10-15 minutes
 Yoga 10-15 minutes



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
 Deadlift 10-15 x 100-150 lb

DAY 2: CHEST DAY

Bench Press 10-15 x 100-150 lb
 Incline Bench Press 10-15 x 100-150 lb

Fitness Workout Ebook

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.

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