



40+ pages program

FITNESS EBOOK *template*

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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 heel to return to the starting position.



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 and chest up. 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 wrists straight. Lower the weights back down to the starting position.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight and your head down.
- 2. Breathing: Breathe in through your nose and out through your mouth.
- 3. Core Engagement: Engage your core muscles throughout the exercise.

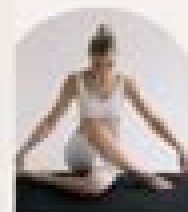
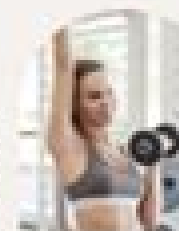
INSTRUCTIONS

1. Start in a plank position with your hands directly under your shoulders and your feet hip-width apart. Engage your core and hold the position for 30 seconds. 2. Repeat for 3 sets. 3. Rest for 1 minute between sets. 4. Total time: 15 minutes.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to help you achieve your fitness goals. They will provide you with personalized guidance and support throughout your journey.



ALL ABOUT YOUR

Trainers are here to help you achieve your fitness goals. They will provide you with personalized guidance and support throughout your journey.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat, Reverse Lunge, Deadlift, Bicep Curl, Plank.

DAY 2: UPPER BODY DAY

Bicep Curl, Tricep Extension, Shoulder Press, Lat Pulldown, Plank.

DAY 3: CARDIO

30-minute HIIT workout, 10-minute core workout.

DAY 4: LEG DAY

Front Squat, Reverse Lunge, Deadlift, Bicep Curl, Plank.

DAY 5: CARDIO

30-minute HIIT workout, 10-minute core workout.



NUTRITION TIPS

1. Stay hydrated: Drink plenty of water throughout the day.
2. Eat balanced meals: Include protein, carbs, and healthy fats.
3. Listen to your body: Eat when you're hungry and stop when you're full.
4. Get enough sleep: Aim for 7-9 hours of sleep per night.
5. Avoid processed foods: Focus on whole, nutrient-dense foods.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Barbell Bench Press	4	10 x 100
Tricep Dips	4	10 x 10
Pushups	4	10 x 10
Tricep Extension	4	10 x 10
Shoulder Press	4	10 x 10
Plank	4	10 x 10

WARM UP EXERCISE

Perform these exercises for 5 minutes before your main workout.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat, Reverse Lunge, Deadlift, Bicep Curl, Plank.

DAY 2: UPPER BODY DAY

Bicep Curl, Tricep Extension, Shoulder Press, Lat Pulldown, Plank.

DAY 3: CARDIO

30-minute HIIT workout, 10-minute core workout.

DAY 4: LEG DAY

Front Squat, Reverse Lunge, Deadlift, Bicep Curl, Plank.

Ebook Fitness Workout

Trey Andrews

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