



40+ pages program

FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
2. WELCOME TO YOUR PROGRAM
3. HOW TO GET THE MOST OUT OF YOUR PROGRAM
4. MEAL PLANS & RECIPES
5. RESOURCE LINKS



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 back straight and core engaged. 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 core engaged. 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, keeping your back straight and core engaged. Lower the weights back down to the starting position.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight and core engaged.
- 2. Breathing: Inhale through your nose and exhale through your mouth.
- 3. Consistency: Practice this exercise regularly.

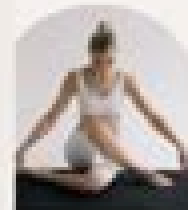
INSTRUCTIONS

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 this exercise 3 times. 3. Rest for 1 minute between sets. 4. Total time: 3 minutes.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to support you on your fitness journey. They will provide you with personalized guidance and motivation to help you reach your goals.



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Trainers are here to support you on your fitness journey. They will provide you with personalized guidance and motivation to help you reach your goals.

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
Tricep Pushdown 10-15 x 100-150 lb

DAY 5: REST DAY

Rest day
Stretching
Hydration



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. Stay consistent: Stick to your meal plan and exercise routine.

DAY FOUR: CHEST & TRICEPS



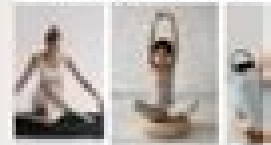
Exercise	Reps	Weight
Barbell Bench Press	4	10 x 100
Pushup	10	10 x 10
Tricep Pushdown	4	10 x 10
Shoulder Press	4	10 x 10
Bicep Curl	4	10 x 10
Tricep Pushup	4	10 x 10

WARM UP EXERCISE

Warm up your body with these exercises before your main workout.



4 DAY WORKOUT PLAN



WEEKEND

Rest day
Stretching
Hydration

WEEKEND

Rest day
Stretching
Hydration

Fitness Workout Ebook

James Chambers



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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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