



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 CURL



EXERCISE GUIDE

- 1. Stand with feet hip-width apart
- 2. Bend your knees and hips to lower your body
- 3. Push through your heels to stand back up

INSTRUCTIONS

1. 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.

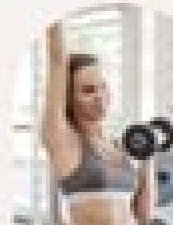
2. Stand with feet hip-width apart. Step one foot back, lowering your hips until both knees are bent at a 90-degree angle. Push through the front heel to return to the starting position.

3. 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.

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 10-15 x 100-150 lb
Reverse Lunge 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

DAY 3: CARDIO

30-minute HIIT workout
20-minute core workout

DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb
Lat Pulldown 10-15 x 100-150 lb

DAY 5: REST DAY

Rest day to allow your body to recover and rebuild.



NUTRITION TIPS

1. Eat a variety of fruits and vegetables to get essential vitamins and minerals.
2. Drink plenty of water to stay hydrated throughout the day.
3. Choose lean sources of protein to support muscle growth and recovery.
4. Incorporate healthy fats into your diet for overall health and energy.
5. Limit your intake of processed foods and added sugars.

DAY FOUR: CHEST & TRICEPS



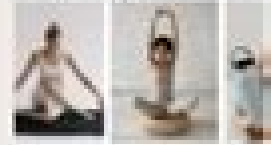
EXERCISE	SETS	REPS
Chest Press	4	12-15
Tricep Pushdown	4	12-15
Incline Bench Press	4	12-15
Overhead Tricep Extension	4	12-15
Tricep Kickback	4	12-15
Tricep Dip	4	12-15

WARM UP EXERCISE

Perform these exercises for 5-10 minutes before your main workout to warm up your muscles and joints.



4 DAY WORKOUT PLAN



WEEKEND

Rest day to allow your body to recover and rebuild.

WEEKEND

Rest day to allow your body to recover and rebuild.

Ebook Fitness Workout

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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