



40+ pages program

FITNESS EBOOK *template*

TABLE OF CONTENTS

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
 Lower body workout in which you squat down and lift up with your legs, holding a weight in front of you.



Reverse Lunge 10-15 x 100-150 lb
 Lower body workout in which you lunge back with one leg, holding a weight in front of you.



Sumo Squat 10-15 x 100-150 lb
 Lower body workout in which you squat down and lift up with your legs, holding a weight in front of you.



Walking Lunges 10-15 x 100-150 lb
 Lower body workout in which you lunge forward and back, holding a weight in front of you.

EXERCISE GUIDE

ARMY CURL



EXERCISE INSTRUCTIONS

1. Stand with feet shoulder-width apart.
2. Bend your knees and lower your body down.
3. Push back up to the starting position.

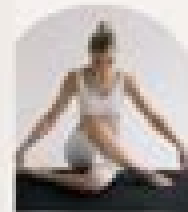
NOTES/TIPS

1. Keep your back straight and your core engaged throughout the movement.
 2. Focus on the quality of the movement rather than the quantity.
 3. If you're having trouble with the exercise, try slowing it down or using a lighter weight.
 4. Remember to breathe in and out throughout the movement.

MEET YOUR TRAINERS

MR. JAMES COLE

James is a personal trainer with over 10 years of experience. He has helped many clients achieve their fitness goals and is passionate about helping others do the same.



MS. JANE DODGE

Jane is a personal trainer with over 5 years of experience. She has helped many clients achieve their fitness goals and is passionate about helping others do the same.

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

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

DAY 3: CARDIO

30-minute run
 10-minute strength training

DAY 4: BACK DAY

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

DAY 5: REST DAY

Rest day
 Stretching and foam rolling



NUTRITION TIPS

01. Drink plenty of water throughout the day to stay hydrated.
02. Eat a variety of fruits and vegetables to get essential vitamins and minerals.
03. Consume protein-rich foods to support muscle growth and recovery.
04. Avoid sugary drinks and processed foods to maintain a healthy diet.
05. Listen to your body and eat when you're hungry.



DAY FOUR: CHEST & TRICEPS



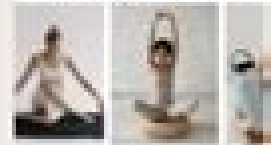
EXERCISE	SETS	REPS
Bench Press	4	10-15
Shoulder Press	3	10-15
Tricep Dips	3	10-15
Tricep Extensions	3	10-15
Tricep Pushdowns	3	10-15
Tricep Kickbacks	3	10-15

WARM UP EXERCISE

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



4 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

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

DAY 3: CARDIO

30-minute run
 10-minute strength training

DAY 4: REST DAY

Rest day
 Stretching and foam rolling

Fitness Workout Ebook

Dale L. Roberts

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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the mechanisms needed to complete a successful lower body workout regimen

Effective Lower Body Exercises

A selection of simple yet potent lower body workouts that will help you build your lower body strength and start developing more muscle mass quickly

From lower body workout beginners to experts the exercise and routines inside my eBook will help to supercharge your lower body workouts

Detailed Exercise Instructions

Because enhancing your lower body shouldn't be difficult all of the effective lower 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 lower body exercises inside to increase your lower body strength and muscle mass

Quick Easy Workout Routines

Many of the structured workout routines contained inside my lower body workout eBook can be completed within 30 minutes and still give you the benefit of enhancing your body while building your overall lower body 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 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

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The Ultimate Core Workout

7 Day Complete Core Workout for Fast Muscle Growth

Strength

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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 shouldn't 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

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