



40+ pages program

FITNESS EBOOK *template*

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DAY ONE: LEG DAY



Front Squat 10/15 x 100/120 lb
Squat with feet hip-width apart, toes slightly out. Lower hips back and down, keeping the back straight. Push through the heels to stand back up.



Reverse Lunge 10/15 x 100/120 lb
Lunge with feet hip-width apart, toes slightly out. Lower hips back and down, keeping the back straight. Push through the heels to stand back up.



Deadlift 10/15 x 100/120 lb
Lunge with feet hip-width apart, toes slightly out. Lower hips back and down, keeping the back straight. Push through the heels to stand back up.



Bicep Curl 10/15 x 100/120 lb
Lunge with feet hip-width apart, toes slightly out. Lower hips back and down, keeping the back straight. Push through the heels to stand back up.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep the back straight, head down, and feet hip-width apart.
- 2. Breathing: Inhale through the nose and exhale through the mouth.
- 3. Core Engagement: Engage the core muscles throughout the exercise.

INSTRUCTIONS

1. Start in a plank position with your hands directly under your shoulders, feet hip-width apart, and your body in a straight line from head to toe.

2. Engage your core muscles and hold the plank for the specified time.

3. Breathe steadily throughout the exercise.

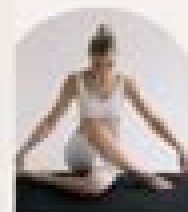
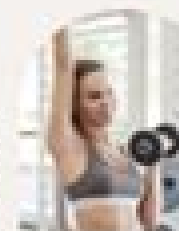
4. If you feel any strain or discomfort, stop immediately.

5. Repeat the exercise for the specified number of sets and reps.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to support you throughout your fitness journey. They will provide you with guidance, motivation, and accountability. They will also help you set realistic goals and track your progress.



ALL ABOUT YOUR

Trainers are here to support you throughout your fitness journey. They will provide you with guidance, motivation, and accountability. They will also help you set realistic goals and track your progress.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
Reverse Lunge 10/15 x 100/120 lb
Deadlift 10/15 x 100/120 lb
Bicep Curl 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Pushups 10/15 x 100/120 lb
Pullups 10/15 x 100/120 lb
Shoulder Press 10/15 x 100/120 lb
Bicep Curl 10/15 x 100/120 lb

DAY 3: CARDIO

30-minute jog
20-minute HIIT
10-minute stretching

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
Bicep Curl 10/15 x 100/120 lb
Shoulder Press 10/15 x 100/120 lb
Pullups 10/15 x 100/120 lb

DAY 5: REST DAY

Rest day
Stretching
Meditation



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. Avoid sugary drinks and processed foods to maintain a healthy diet.
4. Get enough sleep to allow your body to recover and rebuild.
5. Listen to your body and stop eating when you are full.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Pushups	10	100/120 lb
Tricep Dips	10	100/120 lb
Shoulder Press	10	100/120 lb
Bicep Curl	10	100/120 lb
Plank	10	100/120 lb

WARM UP EXERCISE

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



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
Reverse Lunge 10/15 x 100/120 lb
Deadlift 10/15 x 100/120 lb
Bicep Curl 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Pushups 10/15 x 100/120 lb
Pullups 10/15 x 100/120 lb
Shoulder Press 10/15 x 100/120 lb
Bicep Curl 10/15 x 100/120 lb

DAY 3: CARDIO

30-minute jog
20-minute HIIT
10-minute stretching

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
Bicep Curl 10/15 x 100/120 lb
Shoulder Press 10/15 x 100/120 lb
Pullups 10/15 x 100/120 lb

Ebook Fitness Workout

PT Brinkman

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.

Ebook Fitness Workout:

Enjoying the Beat of Expression: An Mental Symphony within **Ebook Fitness Workout**

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