



40+ pages program

FITNESS EBOOK *template*

TABLE OF CONTENTS

1. ABOUT YOUR PROGRAM
2. WELCOME
3. HOW TO USE & NAVIGATE
4. NUTRITION TIPS
5. WARM UP EXERCISE



DAY ONE: LEG DAY



Front Squat 10/15 x 100/120 lb
 Lower body workout in which you squat with the barbell in front of your feet, resting on your shoulders.



Deadlift 10/15 x 100/120 lb
 Lower body workout in which you lift a barbell from the floor to your hips, keeping your back straight.



Lunging Lunge 10/15 x 100/120 lb
 Lower body workout in which you lunge forward with one leg, keeping your back straight.



Heel Stand 10/15 x 100/120 lb
 Lower body workout in which you stand on your heels, keeping your back straight.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Front Squat
- 2. Deadlift
- 3. Lunging Lunge

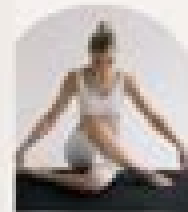
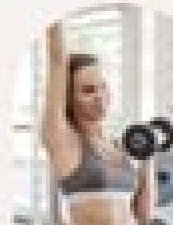
INSTRUCTIONS

1. Warm up with 5 minutes of light cardio.
 2. Perform the exercises in the order listed.
 3. Rest for 1 minute between sets.
 4. Complete 10 sets of each exercise.
 5. Cool down with 5 minutes of light stretching.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to help you achieve your fitness goals. They will provide you with the best advice and support you need.



ALL ABOUT YOUR

Trainers are here to help you achieve your fitness goals. They will provide you with the best advice and support you need.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Lower body workout in which you squat with the barbell in front of your feet, resting on your shoulders.

DAY 2: UPPER BODY DAY

Upper body workout in which you lift a barbell from the floor to your hips, keeping your back straight.

DAY 3: CARDIO

Cardio workout in which you run or jog for 30 minutes.

DAY 4: BACK DAY

Back workout in which you lift a barbell from the floor to your hips, keeping your back straight.

DAY 5: ARM DAY

Arm workout in which you lift a barbell from the floor to your hips, keeping your back straight.



NUTRITION TIPS

1. Eat a balanced diet of protein, carbohydrates, and healthy fats.
2. Drink plenty of water throughout the day.
3. Avoid sugary drinks and processed foods.
4. Get enough sleep (7-9 hours) to support your body's recovery.
5. Listen to your body and rest when needed.

DAY FOUR: CHEST & TRICEPS



EXERCISE

SETS

REPS

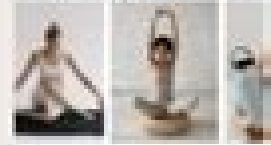
EXERCISE	SETS	REPS
Bench Press	4	10 x 120
Tricep Dips	4	10 x 120
Tricep Pushdowns	4	10 x 120
Tricep Kickbacks	4	10 x 120
Tricep Extensions	4	10 x 120
Tricep Flys	4	10 x 120

WARM UP EXERCISE

Warm up with 5 minutes of light cardio before your workout.



4 DAY WORKOUT PLAN



WARM UP

Warm up with 5 minutes of light cardio before your workout.

DAY 1: LEG DAY

Lower body workout in which you squat with the barbell in front of your feet, resting on your shoulders.

DAY 2: UPPER BODY DAY

Upper body workout in which you lift a barbell from the floor to your hips, keeping your back straight.

Ebook Fitness Workout

Suzanne Schlosberg, Liz Neporent

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Ebook Fitness Workout:

Fitness For Dummies Suzanne Schlosberg, Liz Neporent, 2010-12-07 The latest and greatest in getting fit and staying that way *Fitness For Dummies* 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of *Fitness For Dummies* is all you need to get on track to a healthy new body

The Home Workout Plan for Beginners Dale L. Roberts, 2021-05-17 You know you should workout But you re not sure where to start What if you had all the info you need to start working out Imagine getting a short yet realistic workout program for beginners Then this book is your solution From the author of *The 90 Day Home Workout Plan* comes the ultimate fitness guide for beginners Most workouts are designed for people who have experience working out in the gym But not all workout programs can or will work for beginners Would you rather workout to your detriment Or exercise responsibly according to your fitness level With 8 different workouts you ll find everything you need to start working out and get sustainable results In *The Home Workout Plan* you ll discover How you don t have to feel excessively sore or tired after workouts Why short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results now You ll love this book because it ll have you feeling good and looking great in no time

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From the structure of the upper body 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 upper body workout regimen

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