



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



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

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight, head down, and feet flat on the floor.
- 2. Breathing: Inhale through your nose and exhale through your mouth.
- 3. Core Engagement: Tighten your core muscles throughout the exercise.

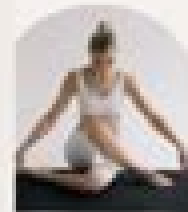
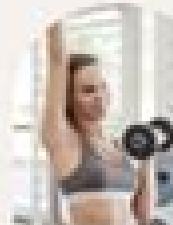
INSTRUCTIONS

1. Start in a plank position with your hands directly under your shoulders and your feet flat on the floor. Engage your core and hold the position for 30 seconds. Breathe steadily throughout the exercise.

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 100/120 lb
 Deadlift 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/120 lb
 Pull-ups 10/15 x 10/12

DAY 3: CARDIO

30-minute HIIT workout
 10-minute core workout

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
 Lat Pulldowns 10/15 x 100/120 lb

DAY 5: REST DAY

Rest day to allow your muscles to recover and rebuild.



NUTRITION TIPS

1. Stay hydrated by drinking plenty of water throughout the day.
2. Eat a balanced diet consisting of lean proteins, healthy fats, and complex carbohydrates.
3. Avoid sugary drinks and processed foods that can hinder your progress.
4. Listen to your body and eat when you're hungry, but stop when you're full.
5. Consider consulting with a nutritionist for personalized advice.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Bench Press	10/15	100/120 lb
Tricep Dips	10/15	10/12
Tricep Extensions	10/15	10/12
Push-ups	10/15	10/12

WARM UP EXERCISE

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



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
 Deadlift 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/120 lb
 Pull-ups 10/15 x 10/12

DAY 3: CARDIO

30-minute HIIT workout
 10-minute core workout

DAY 4: REST DAY

Rest day to allow your muscles to recover and rebuild.

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B Lingard

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- Chapter 2: Essential Elements of Ebook Fitness Workout
- Chapter 3: Ebook Fitness Workout in Everyday Life
- Chapter 4: Ebook Fitness Workout in Specific Contexts
- Chapter 5: Conclusion

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