



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, balanced across the shoulders.



Deadlift 10/15 x 100/120 lb
 Lower body workout in which you squat with the barbell in front of your feet, balanced across the shoulders.



Lunging 10/15 x 100/120 lb
 Lower body workout in which you squat with the barbell in front of your feet, balanced across the shoulders.



Heel raises 10/15 x 100/120 lb
 Lower body workout in which you squat with the barbell in front of your feet, balanced across the shoulders.

EXERCISE GUIDE

ARMY CURL



EXERCISE GUIDE

- 1. Trunk muscles (lower leg)
- 2. Arm muscles (upper leg)
- 3. Shoulder muscles (upper arm)

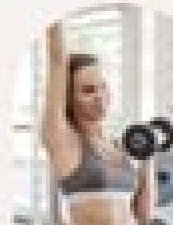
INSTRUCTIONS

1. Stand with feet shoulder-width apart, arms at your sides, and head up.
 2. Bend your knees and hips, lowering your body down until your thighs are parallel to the floor.
 3. Push your feet back into the ground, returning to the starting position.
 4. Repeat for the desired number of sets and reps.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are the professionals who guide you through your fitness journey. They provide you with the knowledge and support you need to achieve your goals.



ALL ABOUT YOUR

Trainers are the professionals who guide you through your fitness journey. They provide you with the knowledge and support you need to achieve your goals.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

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

DAY 2: UPPER BODY DAY

Upper body workout in which you squat with the barbell in front of your feet, balanced across the shoulders.

DAY 3: CARDIO

Cardio workout in which you squat with the barbell in front of your feet, balanced across the shoulders.

DAY 4: BACK DAY

Back workout in which you squat with the barbell in front of your feet, balanced across the shoulders.

DAY 5: REST DAY

Rest day in which you squat with the barbell in front of your feet, balanced across the shoulders.



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 don't overexert yourself.

DAY FOUR: CHEST & TRICEPS



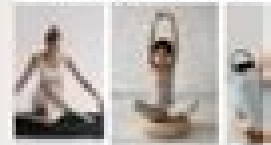
EXERCISE	SETS	REPS
Barbell Bench Press	4	10 x 12
Dumbbell Bench Press	3	12 x 15
Tricep Dips	3	10 x 15
Tricep Pushdown	3	12
Tricep Kickback	3	15
Tricep Extension	3	15

WARM UP EXERCISE

Warm up exercises to prepare your body for the main workout.



4 DAY WORKOUT PLAN



WEEKEND

Rest day in which you squat with the barbell in front of your feet, balanced across the shoulders.

WEEKEND

Rest day in which you squat with the barbell in front of your feet, balanced across the shoulders.

Fitness Workout Ebook

JE Gale

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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 - Advantages of eBooks Over Traditional Books
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 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fitness Workout Ebook
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fitness Workout Ebook
 - Personalized Recommendations
 - Fitness Workout Ebook User Reviews and Ratings
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 - Minimizing Distractions
 - Managing Screen Time
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 - Carving Out Dedicated Reading Time
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 - Fact-Checking eBook Content of Fitness Workout Ebook
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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