



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 Calf Raise 10/15 x 100/120 lb
 Lower body workout in which you stand on your heels and lift your body up, 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 in through your nose and out through your mouth. Repeat for 3 sets.

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 Pulldown 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

SETS

REPS

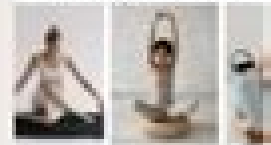
Bench Press	4	10 x 120
Tricep Dips	4	10 x 12
Tricep Pushups	4	10 x 12
Tricep Kickbacks	4	10 x 12
Tricep Extensions	4	10 x 12
Tricep Pulldowns	4	10 x 12

WARM UP EXERCISE

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



4 DAY WORKOUT PLAN



WEEKEND

Rest day to allow your muscles to recover and rebuild.

WEEKEND

Rest day to allow your muscles to recover and rebuild.

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IM Harris



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needed to complete a successful complete body workout regimen Effective Full Body Exercises A selection of simple yet potent full body workouts that will help you build your full body strength and start developing more muscle mass quickly From full body workout beginners to experts the exercise and routines inside my eBook will help to supercharge your workouts Detailed Exercise Techniques Because enhancing your body and physique shouldn't be difficult all of the effective full 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 complete body exercises inside to increase your overall strength and muscle mass Quick Easy Workout Routines Many of the structured workout routines contained inside my full body workout eBook can be completed within 30 minutes and still give you the benefit of enhancing your complete muscle structure while building your overall strength and 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 full body workout eBook right now and access the full range of simple and effective complete body workouts contained inside and begin experiencing more enhanced productive and results driven full body workouts like never before and start boosting your body's strength and noticing a more defined physique in as little as just 3-4 weeks

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