



40+ pages program

FITNESS EBOOK *template*

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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 100-150 lb
Stand with feet hip-width apart, toes slightly out. Lower your body by pushing your hips back and down, keeping your chest up and core engaged. Push through your heels to stand back up.



Bulgarian Split Squat 10-15 x 100-150 lb
Place one foot on a bench or box behind you. Lower your body by pushing your hips back and down, keeping your chest up and core engaged. Push through your front heel to stand back up.



Deadlift 10-15 x 100-150 lb
Stand with feet hip-width apart, toes slightly out. Lower your body by pushing your hips back and down, keeping your chest up and core engaged. Push through your heels to stand back up.



Hip Thrust 10-15 x 100-150 lb
Place your hips on a bench or box. Lower your body by pushing your hips back and down, keeping your chest up and core engaged. Push through your heels to stand back up.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight and your core engaged.
- 2. Breathing: Inhale through your nose and exhale through your mouth.
- 3. Consistency: Practice this exercise regularly.

INSTRUCTIONS

1. Start in a plank position with your hands under your shoulders and your feet hip-width apart. Engage your core and hold for 30 seconds.

2. If you are a beginner, you can start with a modified plank on your knees.

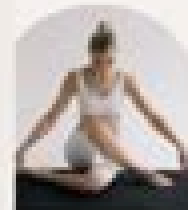
3. As you progress, you can add a timer and track your progress.

4. Remember to breathe and stay focused 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 100-150 lb
Bulgarian Split Squat 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

Bench Press 10-15 x 100-150 lb
Overhead Press 10-15 x 100-150 lb

DAY 3: CARDIO

30-minute HIIT workout
20-minute core workout

DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb
Bent Over Row 10-15 x 100-150 lb

DAY 5: REST DAY

Rest day to allow your body to recover and rebuild.



NUTRITION TIPS

1. Stay hydrated by drinking plenty of water throughout the day.
2. Eat a balanced diet with a mix of protein, carbs, and healthy fats.
3. Avoid sugary drinks and processed foods.
4. Listen to your body and eat when you're hungry.
5. Get enough sleep to support your recovery.

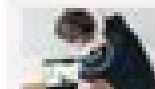
DAY FOUR: CHEST & TRICEPS



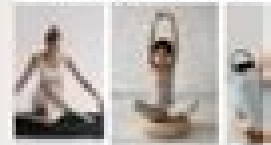
Exercise	Reps	Weight
Bench Press	10-15	100-150 lb
Tricep Dips	10-15	Bodyweight
Overhead Press	10-15	50-75 lb
Tricep Extension	10-15	10-15 lb
Pushups	10-15	Bodyweight

WARM UP EXERCISE

Perform these exercises for 5-10 minutes before your main workout.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Bulgarian Split Squat 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

Bench Press 10-15 x 100-150 lb
Overhead Press 10-15 x 100-150 lb

DAY 3: CARDIO

30-minute HIIT workout
20-minute core workout

DAY 4: REST DAY

Rest day to allow your body to recover and rebuild.

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