



40+ pages program

FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
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4. NUTRITION TIPS
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DAY ONE: LEG DAY



Front Squat 10/15 x 100/120 lb
Squat with feet hip-width apart, toes slightly out. Lower hips back and down, keeping the back straight. Push through the heels to stand up.



Reverse Lunge 10/15 x 100/120 lb
Step back with one foot, lowering hips until both thighs are parallel to the ground. Push back up to the starting position.



Deadlift 10/15 x 100/120 lb
Stand with feet hip-width apart, toes slightly out. Bend at the hips and knees to lower the weight, keeping the back straight. Push through the heels to stand up.



Bicep Curl 10/15 x 100/120 lb
Stand with feet hip-width apart, toes slightly out. Bend at the elbows to lift the weight, keeping the back straight. Push through the heels to stand up.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep the back straight, head down, and feet flat on the ground.
- 2. Breathing: Inhale through the nose and exhale through the mouth.
- 3. Core Engagement: Tighten the core muscles to support the spine.

INSTRUCTIONS

1. Start in a plank position with your hands directly under your shoulders, feet hip-width apart, and your body in a straight line from head to toe.

2. Engage your core muscles and hold the position for the specified time.

3. Breathe steadily throughout the exercise.

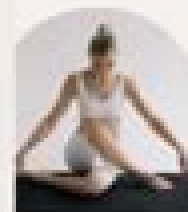
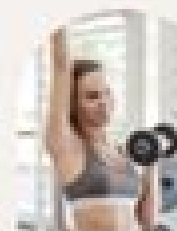
4. If you feel any strain or discomfort, stop immediately.

5. Repeat the exercise for the specified number of sets and reps.

MEET YOUR TRAINERS

ALYSSA JONES

Alyssa is a personal trainer with over 10 years of experience. She specializes in strength training and cardiovascular exercise. She has helped many clients achieve their fitness goals.



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5 DAY WORKOUT PLAN

DAY 1: LEG DAY

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

DAY 2: UPPER BODY DAY

Bicep Curl 10/15 x 100/120 lb
Tricep Extension 10/15 x 100/120 lb
Shoulder Press 10/15 x 100/120 lb

DAY 3: CARD

30-minute cardio workout
Interval training: 1 minute high intensity, 1 minute low intensity

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
Bent Over Row 10/15 x 100/120 lb
Lat Pulldown 10/15 x 100/120 lb

DAY 5: ARM DAY

Bicep Curl 10/15 x 100/120 lb
Tricep Extension 10/15 x 100/120 lb
Forearm Plank 10/15 x 100/120 lb



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 muscle.
5. Listen to your body and adjust your diet accordingly.

DAY FOUR: CHEST & TRICEPS



EXERCISE	SETS	REPS
Chest Press	4	10-15
Tricep Extension	4	10-15
Shoulder Press	4	10-15
Bicep Curl	4	10-15
Forearm Plank	4	10-15
Tricep Dip	4	10-15

WARM UP EXERCISE

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



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

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

DAY 2: UPPER BODY DAY

Bicep Curl 10/15 x 100/120 lb
Tricep Extension 10/15 x 100/120 lb
Shoulder Press 10/15 x 100/120 lb

DAY 3: CARD

30-minute cardio workout
Interval training: 1 minute high intensity, 1 minute low intensity

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
Bent Over Row 10/15 x 100/120 lb
Lat Pulldown 10/15 x 100/120 lb

Fitness Workout Ebook

Trey Andrews

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the mechanisms needed to complete a successful lower body workout regimen

Effective Lower Body Exercises

A selection of simple yet potent lower body workouts that will help you build your lower body strength and start developing more muscle mass quickly

From lower body workout beginners to experts the exercise and routines inside my eBook will help to supercharge your lower body workouts

Detailed Exercise Instructions

Because enhancing your lower body shouldn't be difficult all of the effective lower 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 lower body exercises inside to increase your lower body strength and muscle mass

Quick Easy Workout Routines

Many of the structured workout routines contained inside my lower body workout eBook can be completed within 30 minutes and still give you the benefit of enhancing your body while building your overall lower body strength and general 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 lower body workout eBook right now and access the full range of simple and effective lower body workouts contained inside and begin experiencing more enhanced productive and results driven lower body workouts like never before and start boosting your lower body strength and noticing a more defined physique in as little as just 3-4 weeks

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Trey Andrews, 2024-03-18

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Strength

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Core Workout Basics

From the structure of the core 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 core workout regimen

Effective Core Exercises

A selection of simple yet potent core workouts that will help you build your core strength and start developing more muscle mass quickly

From core workout beginners to experts the exercise and routines inside my eBook will help to supercharge your core workouts

Detailed Exercise Instructions

Because enhancing your core shouldn't be difficult all of the effective core exercises inside my eBook have easy to follow complete exercise tutorials on how to do them even if you have never worked out before you'll be able to use the potent core exercises inside to increase your core strength and muscle mass

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