



40+ pages program

FITNESS EBOOK *template*

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DAY ONE: LEG DAY



Front Squat 10-15 x 10-15 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 back straight. Push through your heels to stand back up.



Reverse Lunge 10-15 x 10-15 lb
Stand with feet hip-width apart. Step one foot back, lowering your hips until both knees are bent at a 90-degree angle. Push through the front foot to stand back up.



Deadlift 10-15 x 10-15 lb
Stand with feet hip-width apart, toes slightly out. Bend your hips and knees to lower your body, keeping your back straight. Push through your heels to stand back up.



Bicep Curl 10-15 x 10-15 lb
Stand with feet hip-width apart. Bend your elbows to lift the weights up towards your shoulders, keeping your wrists straight. Lower the weights back down.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

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

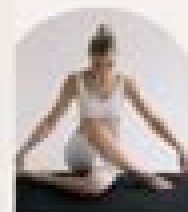
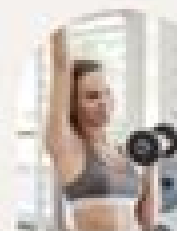
INSTRUCTIONS

1. Start in a plank position with your hands directly under your shoulders and your feet hip-width apart. Engage your core and hold the position for 30 seconds. 2. Repeat for 3 sets. 3. If you are unable to hold the position for 30 seconds, start with a 15-second hold and gradually increase the time as you become more comfortable. 4. Remember to breathe throughout the exercise and to keep your head down.

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 and is passionate about helping others do the same.



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 and is passionate about helping others do the same.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10-15 x 10-15 lb
Reverse Lunge 10-15 x 10-15 lb
Deadlift 10-15 x 10-15 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 10-15 lb
Tricep Extension 10-15 x 10-15 lb
Shoulder Press 10-15 x 10-15 lb

DAY 3: CARD

30-minute cardio workout
Interval training
Cardio workout

DAY 4: LEG DAY

Front Squat 10-15 x 10-15 lb
Reverse Lunge 10-15 x 10-15 lb
Deadlift 10-15 x 10-15 lb

DAY 5: CARD DAY

30-minute cardio workout
Interval training
Cardio workout



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 workout intensity accordingly.

DAY FOUR: CHEST & TRICEPS



EXERCISE	SETS	REPS
Chest Press	3	10-15
Tricep Extension	3	10-15
Shoulder Press	3	10-15
Bicep Curl	3	10-15
Deadlift	3	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 10-15 lb
Reverse Lunge 10-15 x 10-15 lb
Deadlift 10-15 x 10-15 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 10-15 lb
Tricep Extension 10-15 x 10-15 lb
Shoulder Press 10-15 x 10-15 lb

DAY 3: CARD

30-minute cardio workout
Interval training
Cardio workout

DAY 4: LEG DAY

Front Squat 10-15 x 10-15 lb
Reverse Lunge 10-15 x 10-15 lb
Deadlift 10-15 x 10-15 lb

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