



40+ pages program

FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
2. WELCOME
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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 back straight. Push through your heels to stand back up.



Lunging Lunge 10-15 x 100-150 lb
Stand with feet hip-width apart. Step one foot forward, lowering your hips until both knees are bent at a 90-degree angle. Push through the front heel to stand back up.



Deadlift 10-15 x 100-150 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.



Heel Stand 10-15 x 100-150 lb
Stand with feet hip-width apart, toes slightly out. Lift your heels off the ground, keeping your back straight. Lower your heels back to the ground.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Front Squat
- 2. Lunging Lunge
- 3. Deadlift
- 4. Heel Stand

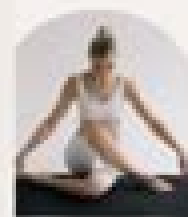
INSTRUCTIONS

1. Warm up with 5 minutes of light cardio (jogging, jumping jacks, etc.)
2. Perform the exercises in the order listed, with 30 seconds of rest between sets.
3. Complete 3 sets of each exercise.
4. After the workout, stretch for 5 minutes.
5. Drink plenty of water throughout the day.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to help you reach your fitness goals. They will provide you with a personalized workout plan and track your progress. They will also provide you with nutritional advice and help you stay motivated.



ALL ABOUT YOUR

Trainers are here to help you reach your fitness goals. They will provide you with a personalized workout plan and track your progress. They will also provide you with nutritional advice and help you stay motivated.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

1. Front Squat 10-15 x 100-150 lb
2. Lunging Lunge 10-15 x 100-150 lb
3. Deadlift 10-15 x 100-150 lb
4. Heel Stand 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

1. Bench Press 10-15 x 100-150 lb
2. Seated Dumbbell Press 10-15 x 100-150 lb
3. Lateral Raise 10-15 x 100-150 lb
4. Bicep Curl 10-15 x 100-150 lb

DAY 3: CARDIO

1. Jogging 30 minutes
2. Jumping jacks 100
3. High knees 100
4. Burpees 10

DAY 4: BACK DAY

1. Deadlift 10-15 x 100-150 lb
2. Seated Cable Row 10-15 x 100-150 lb
3. Lat Pulldown 10-15 x 100-150 lb
4. Tricep Extension 10-15 x 100-150 lb

DAY 5: CORE DAY

1. Plank 30 seconds
2. Side Plank 30 seconds
3. Russian Twist 100
4. Mountain Climber 100



NUTRITION TIPS

1. Eat a variety of fruits and vegetables.
2. Drink plenty of water.
3. Avoid sugary drinks.
4. Eat a variety of proteins.
5. Eat a variety of grains.

DAY FOUR: CHEST & TRICEPS



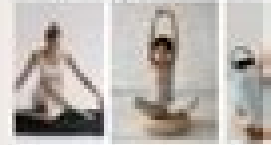
EXERCISE	SETS	REPS
Bench Press	4	10-15
Seated Dumbbell Press	4	10-15
Tricep Extension	4	10-15
Lateral Raise	4	10-15
Bicep Curl	4	10-15
Plank	4	30

WARM UP EXERCISE

1. Jogging 5 minutes
2. Jumping jacks 100
3. High knees 100
4. Burpees 10



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

1. Front Squat 10-15 x 100-150 lb
2. Lunging Lunge 10-15 x 100-150 lb
3. Deadlift 10-15 x 100-150 lb
4. Heel Stand 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

1. Bench Press 10-15 x 100-150 lb
2. Seated Dumbbell Press 10-15 x 100-150 lb
3. Lateral Raise 10-15 x 100-150 lb
4. Bicep Curl 10-15 x 100-150 lb

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