



# 40+ pages program

# FITNESS EBOOK *template*

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2. WELCOME
3. DAY ONE: LEG DAY
4. DAY TWO: CHEST & TRICEPS
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## 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.



**Reverse Lunge** 10-15 x 100-150 lb  
Stand with feet hip-width apart. Step one foot back and down, lowering your hips until both knees are bent at about 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 and chest up. Push through your heels to stand back up.



**Bicep Curl** 10-15 x 100-150 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 to your sides.

## EXERCISE GUIDE

ARM CURVE



### EXERCISE GUIDE

- 1. Front Squat
- 2. Reverse Lunge
- 3. Deadlift
- 4. Bicep Curl

### INSTRUCTIONS

1. Warm-up: 5 minutes of light cardio (jogging or cycling) to get your heart rate up and your muscles warm.

2. Main Workout: Perform the exercises in the order listed, with 30 seconds of rest between sets.

3. Cool-down: 5 minutes of stretching to help your muscles recover.

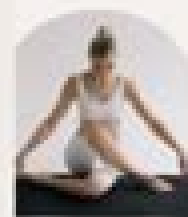
4. Hydration: Drink plenty of water throughout the day to stay hydrated.

5. Nutrition: Eat a balanced meal with protein, carbs, and healthy fats to fuel your workout.

## MEET YOUR TRAINERS

### ALYSSA SMITH

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



### JOEY SMITH

Joey is a personal trainer with over 5 years of experience. He specializes in cardio and has helped many clients achieve their fitness goals.

## 5 DAY WORKOUT PLAN

### DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb  
Reverse Lunge 10-15 x 100-150 lb  
Deadlift 10-15 x 100-150 lb  
Bicep Curl 10-15 x 100-150 lb

### DAY 2: CHEST & TRICEPS

Chest Press 10-15 x 100-150 lb  
Tricep Dips 10-15 x 100-150 lb  
Chest Fly 10-15 x 100-150 lb  
Tricep Extension 10-15 x 100-150 lb

### DAY 3: ARM DAY

Bicep Curl 10-15 x 100-150 lb  
Tricep Extension 10-15 x 100-150 lb  
Forearm Plank 10-15 x 100-150 lb  
Wrist Flexion 10-15 x 100-150 lb

### DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb  
Bent Over Row 10-15 x 100-150 lb  
Lat Pulldown 10-15 x 100-150 lb  
Shrugs 10-15 x 100-150 lb

### DAY 5: CARDIO DAY

Cardio 30-45 minutes  
Core 10-15 minutes  
Stretching 10-15 minutes



## NUTRITION TIPS

1. Eat a balanced meal with protein, carbs, and healthy fats.
2. Stay hydrated by drinking plenty of water throughout the day.
3. Avoid sugary drinks and processed foods.
4. Get enough sleep to help your body recover.
5. Listen to your body and don't overtrain.

## DAY FOUR: CHEST & TRICEPS



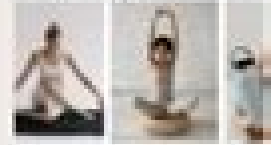
EXERCISE	SETS	REPS
Chest Press	4	10-15
Tricep Dips	4	10-15
Chest Fly	4	10-15
Tricep Extension	4	10-15
Forearm Plank	4	30-60
Wrist Flexion	4	10-15

## WARM UP EXERCISE

Cardio 5-10 minutes  
Core 5-10 minutes  
Stretching 5-10 minutes



## 4 DAY WORKOUT PLAN



### DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb  
Reverse Lunge 10-15 x 100-150 lb  
Deadlift 10-15 x 100-150 lb  
Bicep Curl 10-15 x 100-150 lb

### DAY 2: CHEST & TRICEPS

Chest Press 10-15 x 100-150 lb  
Tricep Dips 10-15 x 100-150 lb  
Chest Fly 10-15 x 100-150 lb  
Tricep Extension 10-15 x 100-150 lb

# Ebook Fitness Workout

**Nick Nilsson**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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