



40+ pages program

FITNESS EBOOK ~~template~~

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DAY ONE: LEG DAY



Quadriceps 100 x 10 sec. 100

Quadriceps exercise for leg day. It's a great exercise for building strength and endurance in the quadriceps muscles.



Hamstring Curls 100 x 10 sec. 100

Hamstring curl exercise for leg day. It's a great exercise for building strength and endurance in the hamstring muscles.



Glute Bridge 100 x 10 sec. 100

Glute bridge exercise for leg day. It's a great exercise for building strength and endurance in the glute muscles.



Hamstring Curls 100 x 10 sec. 100

Hamstring curl exercise for leg day. It's a great exercise for building strength and endurance in the hamstring muscles.

EXERCISE GUIDE



Quadriceps

Quadriceps exercise for leg day. It's a great exercise for building strength and endurance in the quadriceps muscles.

Hamstring Curls

Hamstring curl exercise for leg day. It's a great exercise for building strength and endurance in the hamstring muscles.

MEET YOUR TRAINERS



MEET JESSICA

Jessica is a certified personal trainer with over 10 years of experience. She is a fitness enthusiast and loves helping people reach their goals. She is a great trainer for those looking to build strength and endurance.



MEET JESSICA

Jessica is a certified personal trainer with over 10 years of experience. She is a fitness enthusiast and loves helping people reach their goals. She is a great trainer for those looking to build strength and endurance.

5 DAY WORKOUT PLAN



DAY 1: LEG DAY

Day 1 of the 5 day workout plan. This is a leg day, focusing on the quadriceps, hamstrings, and glutes.

DAY 2: BACK DAY

Day 2 of the 5 day workout plan. This is a back day, focusing on the latissimus dorsi, trapezius, and rhomboids.

DAY 3: REST DAY

Day 3 of the 5 day workout plan. This is a rest day, allowing the body to recover and repair.

DAY 4: CHEST & TRICEPS

Day 4 of the 5 day workout plan. This is a chest and triceps day, focusing on the pectorals and triceps.

DAY 5: ABS & LEGS

Day 5 of the 5 day workout plan. This is an abs and legs day, focusing on the core and legs.

4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Day 1 of the 4 day workout plan. This is a leg day, focusing on the quadriceps, hamstrings, and glutes.

DAY 2: BACK DAY

Day 2 of the 4 day workout plan. This is a back day, focusing on the latissimus dorsi, trapezius, and rhomboids.

DAY 3: REST DAY

Day 3 of the 4 day workout plan. This is a rest day, allowing the body to recover and repair.

DAY 4: CHEST & TRICEPS

Day 4 of the 4 day workout plan. This is a chest and triceps day, focusing on the pectorals and triceps.

WELCOME!



NUTRITION TIPS

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DAY ONE: LEG DAY



EXERCISE GUIDE



MEET YOUR TRAINERS



5 DAY WORKOUT PLAN



4 DAY WORKOUT PLAN



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Nick Nilsson

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