



# 40+ pages program

# FITNESS EBOOK *template*

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2. WELCOME
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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 body by pushing your hips back and down. 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. 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.



**Bicep Curl** 10-15 x 100-150 lb  
Stand with feet hip-width apart. Bend your elbows and lift the weights up towards your shoulders, keeping your wrists straight. Lower the weights back down.

## EXERCISE GUIDE

ARMY CURL



### EXERCISE GUIDE

- 1. Stand with feet hip-width apart
- 2. Bend your knees and lift the weights up towards your shoulders, keeping your wrists straight
- 3. Lower the weights back down

### INSTRUCTIONS

1. 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.

2. Stand with feet hip-width apart. Step one foot back and down, lowering your body by pushing your hips back and down. Push through the front heel to stand back up.

3. 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.

4. Stand with feet hip-width apart. Bend your elbows and lift the weights up towards your shoulders, keeping your wrists straight. Lower the weights back down.

## MEET YOUR TRAINERS

### ALYSSA COLE

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



### ALYSSA COLE

Alyssa is a personal trainer and fitness enthusiast with over 10 years of experience. She specializes in strength training 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

### DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 100-150 lb  
Tricep Extension 10-15 x 100-150 lb  
Shoulder Press 10-15 x 100-150 lb

### DAY 3: CARDIO

30-minute HIIT workout  
20-minute strength training  
10-minute stretching

### DAY 4: 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

### DAY 5: UPPER BODY DAY

Bicep Curl 10-15 x 100-150 lb  
Tricep Extension 10-15 x 100-150 lb  
Shoulder Press 10-15 x 100-150 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. Get enough sleep to allow your body to recover and rebuild muscle.
4. Avoid processed foods and sugary drinks to maintain a healthy diet.
5. Listen to your body and adjust your workout intensity 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
Deadlift	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 100-150 lb  
Reverse Lunge 10-15 x 100-150 lb  
Deadlift 10-15 x 100-150 lb

### DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 100-150 lb  
Tricep Extension 10-15 x 100-150 lb  
Shoulder Press 10-15 x 100-150 lb

### DAY 3: CARDIO

30-minute HIIT workout  
20-minute strength training  
10-minute stretching

### DAY 4: 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

# **Fitness Workout Ebook**

**Windblown Planners**



## **Fitness Workout Ebook:**

*Fitness For Dummies* Suzanne Schlosberg, Liz Neporent, 2010-12-07 The latest and greatest in getting fit and staying that way *Fitness For Dummies* 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of *Fitness For Dummies* is all you need to get on track to a healthy new body

*The Home Workout Plan for Beginners* Dale L. Roberts, 2021-05-17 You know you should workout But you re not sure where to start What if you had all the info you need to start working out Imagine getting a short yet realistic workout program for beginners Then this book is your solution From the author of *The 90 Day Home Workout Plan* comes the ultimate fitness guide for beginners Most workouts are designed for people who have experience working out in the gym But not all workout programs can or will work for beginners Would you rather workout to your detriment Or exercise responsibly according to your fitness level With 8 different workouts you ll find everything you need to start working out and get sustainable results In *The Home Workout Plan* you ll discover How you don t have to feel excessively sore or tired after workouts Why short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results now You ll love this book because it ll have you feeling good and looking great in no time

*33 Strength and Fitness Workouts for Horses* Jec Aristotle Ballou, 2024-07-15 The go to reference for riders and trainers aiming to improve equine conditioning in ways that are strategic engaging and fair to the horse For just about everything we do with horses from trail riding to top level competition a healthy state of fitness is key to both performance and longevity Every horse will go better for longer if his mind and body are well prepared for the ask When it comes to improving fitness whether for humans or animals the success of an exercise relies on dosage How an exercise is applied the duration and frequency of execution and the weekly schedule within which it is incorporated determine its impact on fitness Equine training and conditioning expert Jec Aristotle Ballou has now provided a book that takes the guesswork out of fitness gains It clarifies how long and frequently to do a particular exercise and provides guidance in how to combine it with others for best results The result is maximized

health and athleticism in the horse The 33 workouts in these pages help accomplish the performance goals that many riders strive for but fall short of reaching stronger more agile and more balanced horses They do this by circumventing the tension both physical and mental that often spoils conditioning attempts made within a discipline specific or skill based training session By providing the right amount of stimulus while avoiding boredom fatigue and habituated neuromuscular patterns Ballou s workouts lead to positive physiological gains Her plans include Ways to measure a horse s current fitness Guidelines for active and passive rest Basics for stretching warming up and improving mobility Unique groundwork that keeps both you and your horse engaged Hill hikes and terrain tests with multiple benefits Suggested schedules for basic fitness goals as well as special considerations for young horses and trail riders With easy to follow step by step instructions and clear illustration this book is a fundamental piece of any conscientious rider s training plan and a key component to keeping horses performing happily for more years of their lives

*Ebook Marketing Warfare* Young Akpasubi,2023-07-01 *Ebook Marketing Warfare 20 Battle Tested Tactics* is a must have resource for authors and publishers seeking to maximize the success of their ebooks in today s competitive digital landscape This comprehensive guide offers a treasure trove of proven strategies innovative techniques and expert advice to help you navigate the intricacies of ebook marketing with confidence and achieve optimal results In the first section you ll discover a plethora of digital marketing strategies tailored specifically for ebooks From harnessing the power of social media platforms and email marketing campaigns to leveraging influencer collaborations and search engine optimization SEO techniques this guide provides practical step by step instructions on how to implement each strategy effectively You ll learn how to build an engaged audience increase your ebook s visibility and ultimately boost sales The second section delves into creative promotional tactics designed to captivate readers and drive engagement From creating visually stunning book trailers and graphics to organizing exciting contests and giveaways you ll find a treasure trove of ideas to generate buzz and attract new readers The guide also explores the power of guest blogging podcast interviews and collaborations with complementary authors offering valuable insights on how to leverage these opportunities to expand your reach and connect with your target audience Finally the guide wraps up with invaluable tips on utilizing self publishing platforms obtaining influential reviews and exploring the realm of offline marketing through industry conferences and book fairs With practical examples real world case studies and thoughtful guidance *Ebook Marketing Warfare 20 Battle Tested Tactics* equips you with the knowledge and tools necessary to navigate the dynamic world of ebook marketing and achieve sustainable success Whether you re a seasoned author or a budding writer this guide will empower you to stand out in the digital marketplace increase your ebook s visibility and build a loyal reader base With its comprehensive approach actionable insights and innovative strategies *Ebook Marketing Warfare 20 Battle Tested Tactics* is your roadmap to achieving ebook marketing success in the ever evolving digital age

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ARMY EXERCISES Survival Ebooks      P.I.G. The Pain Is Good Workout [eBook - Biblioboard] David Niall Wilson, 2015 Tired of workouts that require weird diets expensive equipment sets of Blu Ray discs or DVD s or expensive gym memberships The P I G workout Pain is Good was developed during an extended cruise in the Persian Gulf onboard the USS Guadalcanal The workout is formed from bits and pieces of calisthenic workouts used by a variety of US armed forces It was put together by a group of guys in bad condition and developed as they worked to change that Nothing is guaranteed Work is required to improve your fitness if you follow this workout from the beginning and stick with it you will see steady improvement As the author and one of the first to use this system I can tell you I went from a guy who could barely pass the US Navy fitness test with 29 pushups to a guy who could finish a workout consisting of more than 600 After years of sitting in a box in my attic this workout came back to the light of day and I decided it was worth spreading around Good luck and remember if you aren't cheating it doesn't hurt If it doesn't hurt You aren't trying      *Braunwald's Heart Disease - E-Book* Peter Libby, 2021-10-15 Current comprehensive and evidence based Braunwald's Heart Disease remains the most trusted reference in the field and the leading source of reliable cardiology information for practitioners and trainees worldwide The fully updated 12th Edition continues the tradition of excellence with dependable state of the art coverage of new drugs new guidelines more powerful imaging modalities and recent developments in precision medicine that continue to change and advance the practice of cardiovascular medicine Written and edited by global experts in the field this award winning text is an unparalleled multimedia reference for every aspect of this complex and fast changing area Offers balanced dependable content on rapidly changing clinical science clinical and translational research and evidence based medicine Includes 76 new contributing authors and 14 new chapters that cover Artificial intelligence in Cardiovascular Medicine Wearables Influenza Pandemics COVID 19 and Cardiovascular Disease Tobacco and Nicotine Products in Cardiovascular Disease Cardiac Amyloidosis Impact of the Environment on Cardiovascular Health and more Features a new introductory chapter Cardiovascular Disease Past Present and Future by Eugene Braunwald MD offering his unique visionary approach to the field of cardiology Dr Braunwald also curates the extensive bimonthly online updates that include Hot Off the Press with links to Practice Update and Late Breaking Clinical Trials Provides cutting edge coverage of key topics such as proteomics and metabolomics TAVR diabetocardiology and cardio oncology Contains 1 850 high quality illustrations radiographic images algorithms and charts and provides access to 215 videos called out with icons in the print version Highlights the latest AHA ACC and ESC guidelines to clearly summarize diagnostic criteria and clinical implications Provides tightly edited focused content for quick dependable reference Flexible format options include either one or two volumes in print as well as a searchable eBook with ongoing updates Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices      *The Truth* Frank Sepe, 2004-02 When it comes to physical

fitness and nutrition it's all so confusing Which experts should you believe What programs should you follow What and when should you eat Is weight training really necessary for getting in shape The exhausting information overload in this area has never been more contradictory confusing and even dangerous Well this is the book that can clear up all that confusion and conflicting information The training tips and philosophy presented here by world renowned bodybuilder Frank Sepe will reveal everything you've ever needed to maximize your body's full potential The truth is harder to deliver than it may seem at first Imagine the answers the truth will unlock The truth about training techniques The truth about nutritional information The truth about women and training And the truth about cardio's effects

**Workout Log Book: Fitness Notebook, Bodybuilding Journal, Physical Fitness Journal, Workout Training Logbook** Unique Journals, 2019-03-19 Are there times you have walked into the gym or fitness center without a clear plan of what you wanted to do Did you complete your last workout efficiently Or did you skip out on some exercises and sets because you simply weren't in the mood Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in the back and forth where we try to legitimize ducking out of our fitness routine We want to help you have a better understanding of how you progress so we designed this workout logbook to be Useful The workout log can reveal patterns of strength development weight change mental attitude overtraining and plateaus clearer than even your most committed training partner It's a great teaching tool With a workout journal you can track every session every set and every rep you do in the gym The journal can become a blueprint of what works for you Easy To Use Keeping a detailed journal is a practice you'll be grateful for in the long run The more information you write down the more useful it will be Great Size With its 21.5 x 27.94 cm 8.5 x 11 dimensions you can squeeze it into a workout bag with ease Lightweight and durable it's the perfect size to carry Handy and accessible it's a great companion during your gym workouts Awesome Covers To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks This fitness journal is great for keeping a log of your daily or weekly exercise routine so you can track your progress Keep motivated exercise harder create better goals and get better results with your training Tuck it in your training bag and start a journal of what you are doing today

*The Home Workout Handbook* Raza Imam, 2018-02-20 Attention Buy the paperback version of this book and get the Kindle ebook version for FREE Cancel your gym membership If You Want to Know How to Get Lean Ripped at Home in 30 Minutes Day Then Keep Reading Discover How to Burn Ugly Fat and Get Ripped Without All the Non Sense That Takes Place In Most Commercial Gyms I was disgusted I had just pulled into the parking lot of my local big box commercial gym The parking lot was jam packed The locker room was dank musty and damp The lockers were stained with sticky messes and coated with rust some even had old clothes and garbage The gym bros were howling and high fiving each other in between sets Every other step I took was like traversing a minefield dodging the piles of misplaced weights scattered across the floor It literally made me turn around and leave Of

course not all gyms are like this but this very image is what keeps millions of people away from gyms everyday If that s you then know this You CAN build a strong lean resilient body using bodyweight exercises in the comfort of your own home No complicated gym memberships No fancy equipment No expensive personal trainers Just your body and 2 simple items that you can get for a total of 30 Who Is This Book For This is for the average guy or gal that wants to lose fat and build muscle in the fastest way possible In this short book I reveal EVERYTHING you need to do to burn fat and build muscle I left out the fluff theory and science and show you the exact action steps you need to take to get the results I got I know this is a short book but do you really need a 300 page book if you want to burn fat and build muscle or do you need a simple step by step guide showing what kind of workouts to do Well that s what I ve compiled in this book Here s exactly what you ll discover REAL pictures of my results I m a regular dude just like you NOT a fitness model The FASTEST way to get results 2 simple tweaks to TURBOCHARGE Your Results The mindset trick I used to stay on my goals Exactly what you ll need to get a KILLER home workout costs less than 30 The BEST exercises you need to do to get ripped at home The Perfect Workout Formula once you discover the secret you ll wish you did this sooner The 6 Amazingly Effective Home Workouts This book will help you supercharge your fat burning in the comfort of your own home I made it short and sweet so you can read it in less than 10 minutes so go ahead and grab a copy of this book now by clicking the Buy with 1 Click button now P S If you don t get results from this book email me directly and I will personally do my best to help you **Harvey Walden's No**

**Excuses! Fitness Workout** Harvey Walden,2008 *The AbSmart Fitness Plan* Adam Weiss,2009-01-01 A smarter safer way to trim your waistline without pain injury and all those crunches As a chiropractic physician Adam Weiss understands that traditional ab exercises can cause back pain strain muscles and can even cause misalignment That s why he created a truly safe and amazingly effective routine for slimming your waist without the risk of pain or injury His revolutionary approach targets and strengthens your core muscles using a unique combination of muscle stretches dynamic exercises and dietary advice It s safe It s smart And it works I love The AbSmart Fitness Plan Having neck and back problems I find the exercises easy and safe for me to do But more than that is the great information Dr Weiss includes on nutrition He brings together the knowledge of not only how to exercise properly but how to nourish your body to get optimal results Brenda Watson CNC Author of The Fiber35 Diet **Fitness Journal for Men** Roger H Wells,2018-12-30 Fitness Journal Keep Track Weekly 52 Weeks A Year Great for recording all your fitness workout activity Comes with food planner journal on one side and fitness journal on the other The food journal enables you to record what you are eating DETAILS Weekly Workout Fitness Journal Food Journal Measurement Body Size 6x9 [Practice Makes Perfect Basic Portuguese \(EBOOK\)](#) Sue Tyson-Ward,2012-11-30 Master Portuguese grammar through hands on exercises and practice practice practice Practice Makes Perfect Basic Portuguese is a trusted companion to your Portuguese learning experience In each bite sized lesson author Sue Tyson Ward guides you through simple grammar and vocabulary concepts and illustrates them with clear

examples The accompanying fun and interesting exercises let you practice practice practice what you have learned The lessons are short so you can complete them in twenty minutes or less and you can go at a pace that works for you THIS WORKBOOK WILL HELP YOU UNDERSTAND Saber vs conhecer Verb tenses Essential vocabulary Superlatives Nouns Adjectives Sentence structure and more Whether you are learning on your own or taking a beginning Portuguese class Practice Makes Perfect Basic Portuguese will help you build your confidence in your new language

**100 Gym Workout Routines** Muscle Trainer,2016-10-22 Many gym goers want to get a beautiful body but do not know how to do They do not know how it functions and the type of training Sometimes they encounter a personal trainer too superficial and other times they are at the mercy of misconceptions Form their own culture to buy ebook on fitness begin to understand the mechanisms behind the muscle growth will allow you to get close to success and to those who are your targets In this ebook you will find 100 training cards for the gym on weight loss the definition on the strength and mass Finally you are able to solve many of your doubts PLEASE NOTE The training programs provided are for informational and educational purposes only They do not constitute medical advice and are not a substitute for the opinion of a doctor physiotherapist or other qualified healthcare professional In the absence of medical conditions it is recommended to consult a certified personal trainer Before starting any training program or making lifestyle changes it is strongly advised to consult your doctor especially in the presence of medical conditions previous injuries or special circumstances e g pregnancy The user assumes full responsibility for the use of the training plans and any advice contained within The author is not liable for any injuries damages or adverse effects resulting from the self application of the proposed programs Results may vary based on individual factors such as age health status consistency nutrition and genetics No results are guaranteed

**Workout Journal** Hang Worknote,2018-05-28 Stay focused challenge your mind and body daily This exercise and food diary is a simple tool to help you achieve your eating and fitness goals Track weekly monthly and yearly plans Plan your daily diet with meat vegetables milk and more The exercise section allows you to keep track of your body and weights to ensure you re on the path to a healthier Premium matte cover design Printed on high quality interior stock Light weight Easy to carry around Made in the USA

**Hybrid Training** Nick Nilsson,2012-02 Have you ever wondered how to REALLY maximize every single moment of every single rep of every single set to build muscle and strength FASTER Standard exercise technique is NOT the answer If you re interested in maximum strength and muscle building standard form reps are NOT the most efficient way to train Regular reps don t optimize muscle tension from start to finish Hybrid training does Hybrid Training is THE single most powerful and outside the box fitness and muscle building technique ever developed This book will have you using multiple types of resistance AT THE SAME TIME to more fully work the target muscle with NO ADDITIONAL EFFORT If you re serious about your training you NEED the information in this book It s going to save you days months and even YEARS of wasted time and effort

**Fitness and Food Journal: Exercise Log Book with Food Journal: Record Your Fitness Workouts & Measurement Body** Roger H.



Wells,2018-12-29 Fitness Journal Keep Track Weekly 52 Weeks A Year Great for recording all your fitness workout activity Comes with food planner journal on one side and fitness journal on the other The food journal enables you to record what you are eating DETAILS Weekly Workout Fitness Journal Food Journal Measurement Body Size 6x9     **Workout Journal**

Windblown Planners,2018-06-25 Stay focused challenge your mind and body daily This exercise and food diary is a simple tool to help you achieve your eating and fitness goals Track weekly monthly and yearly plans Plan your daily diet with meat vegetables milk and more The exercise section allows you to keep track of your body and weights to ensure you re on the path to a healthier Premium matte cover design Printed on high quality interior stock Light weight Easy to carry around Made in the USA     **Practice Makes Perfect Linear Algebra (EBOOK)** Sandra Luna McCune,William D.

Clark,2013-01-04 Expert instruction and plenty of practice to reinforce advanced math skills Presents concepts with application to natural sciences engineering economics computer science and other branches of mathematics Complementary to most linear algebra courses or as a refresher text More than 500 exercises and answers Hundreds of solved problems The Practice Makes Perfect series has sold more than 1 million copies worldwide

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