



# 40+ pages program

# FITNESS EBOOK ~~template~~

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### DAY ONE: LEG DAY



**Exercise Name:** Lunges **Level:** Beginner **Duration:** 10 min

Start in a standing position with your feet shoulder-width apart. Step forward with one leg, bending both knees at a 90-degree angle. Push off with your front foot to return to the starting position. Repeat on the other leg.



**Exercise Name:** Squats **Level:** Beginner **Duration:** 10 min

Stand with your feet shoulder-width apart. Bend your knees and lower your body until your thighs are parallel to the ground. Push through your heels to return to the starting position.



**Exercise Name:** Glute Bridges **Level:** Beginner **Duration:** 10 min

Lie on your back with your knees bent and feet flat on the floor. Push your hips up towards the sky, squeezing your glutes. Hold for a few seconds before lowering back down.



**Exercise Name:** Leg Press **Level:** Beginner **Duration:** 10 min

Stand with your feet shoulder-width apart and hold a dumbbell in each hand. Step forward with one leg and bend your knee, pushing the dumbbells forward until your arms are straight. Push off with your front foot to return to the starting position.

### EXERCISE GUIDE



**Exercise Name:** Plank **Level:** Beginner **Duration:** 10 min

Get into a high plank position with your body in a straight line from head to heels. Hold for as long as you can, breathing deeply and keeping your core engaged.



**Exercise Name:** Mountain Climbers **Level:** Beginner **Duration:** 10 min

Get into a high plank position. Bring your right knee towards your chest, then immediately extend it back out. Repeat with the left knee. Continue this alternating pattern for the duration of the exercise.

### MEET YOUR TRAINERS



**Trainer Name:** John Doe **Level:** Beginner **Duration:** 10 min

John is a certified personal trainer with over 10 years of experience. He specializes in creating customized fitness plans for beginners and helping them reach their goals. He is known for his positive attitude and encouraging words.



**Trainer Name:** Jane Smith **Level:** Beginner **Duration:** 10 min

Jane is a certified personal trainer with over 10 years of experience. She is a certified nutritionist and focuses on creating healthy meal plans for her clients. She is known for her positive attitude and encouraging words.

### 5 DAY WORKOUT PLAN



**Day 1: Leg Day**



**Day 2: Core Day**



**Day 3: Chest & Triceps**



**Day 4: Chest & Triceps**



**Day 5: Rest Day**

## WELCOME!



**NUTRITION TIPS**

1. [Consume more whole foods, including fruits and vegetables.](#)
2. [Limit processed foods, including sugary snacks and fast food.](#)
3. [Stay hydrated by drinking plenty of water throughout the day.](#)
4. [Consume lean protein, including chicken, fish, and legumes.](#)
5. [Consume healthy fats, including avocados, nuts, and seeds.](#)

### DAY FOUR: CHEST & TRICEPS



**Exercise Name:** Dumbbell Bench Press **Level:** Beginner **Duration:** 10 min

Lie on a bench with your feet flat on the floor. Hold a dumbbell in each hand and extend your arms straight above your chest. Lower the dumbbells towards your chest, then push them back up to the starting position.



**Exercise Name:** Dumbbell Fly **Level:** Beginner **Duration:** 10 min

Lie on a bench with your feet flat on the floor. Hold a dumbbell in each hand and extend your arms straight out to the sides. Lower the dumbbells towards your chest, then push them back up to the starting position.

### WARM UP EXERCISE



**Exercise Name:** Dynamic Stretching **Level:** Beginner **Duration:** 10 min

Perform a series of dynamic stretches, including arm circles, leg swings, and high knees, to warm up your muscles and prepare for the workout.



**Exercise Name:** Static Stretching **Level:** Beginner **Duration:** 10 min

Perform a series of static stretches, including quad stretches, hamstrings, and chest stretches, to cool down and prevent muscle soreness.

### 4 DAY WORKOUT PLAN



**Day 1: Leg Day**



**Day 2: Core Day**



**Day 3: Chest & Triceps**



**Day 4: Rest Day**

# **Fitness Workout Ebook**

**Roger H Wells**

## **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 illustrations, 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  
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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 at 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 conhacer 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

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