



40+ pages program

FITNESS EBOOK *template*

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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.



Lunging Lunge 10-15 x 100-150 lb
Stand with feet hip-width apart. Step forward with your right foot, lowering your body by pushing your hips back and down. Push through your 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. Hold a dumbbell in each hand, palms facing up. 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.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

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

INSTRUCTIONS

1. Warm up with 5 minutes of light cardio (jogging, jumping rope, etc.)

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

3. Complete 3 sets of each exercise, with 1 minute of rest between sets.

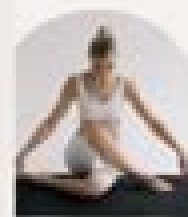
4. After the workout, stretch for 5 minutes.

5. Drink plenty of water throughout the day.

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.



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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. Bicep Curl 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. Bicep Curl 10-15 x 100-150 lb
4. Tricep Extension 10-15 x 100-150 lb

DAY 3: CARDIO

1. Jogging 30 minutes
2. Jump Rope 10 minutes
3. Core Exercises 10 minutes

DAY 4: BACK DAY

1. Deadlift 10-15 x 100-150 lb
2. Bent Over Row 10-15 x 100-150 lb
3. Lat Pulldown 10-15 x 100-150 lb
4. Bicep Curl 10-15 x 100-150 lb

DAY 5: ARM DAY

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



NUTRITION TIPS

1. Eat a variety of fruits and vegetables.
2. Drink plenty of water throughout the day.
3. Avoid sugary drinks and processed foods.
4. Get enough sleep (7-9 hours per night).
5. Stay consistent with your workout routine.

DAY FOUR: CHEST & TRICEPS



EXERCISE	SETS	REPS
Bench Press	4	10-15
Seated Dumbbell Press	4	10-15
Tricep Extension	4	10-15
Bicep Curl	4	10-15
Core Exercises	4	10-15
Cardio	4	10-15

WARM UP EXERCISE

1. Jogging 5 minutes
2. Jump Rope 5 minutes
3. Core Exercises 5 minutes



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. Bicep Curl 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. Bicep Curl 10-15 x 100-150 lb
4. Tricep Extension 10-15 x 100-150 lb

Ebook Fitness Workout

Dale L. Roberts

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.

Ebook Fitness Workout:

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