



# 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 Bridges** 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 others reach their goals. She is a great trainer for those looking to build strength and endurance in the quadriceps muscles.



**MEET JESSICA**

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

### 5 DAY WORKOUT PLAN



**DAY 1: LEG DAY**

Day 1: Leg Day. This is a great day to focus on building strength and endurance in the quadriceps muscles.

**DAY 2: BACK DAY**

Day 2: Back Day. This is a great day to focus on building strength and endurance in the hamstring muscles.

**DAY 3: REST DAY**

Day 3: Rest Day. This is a great day to rest and recover.

**DAY 4: CHEST & TRICEPS**

Day 4: Chest & Triceps. This is a great day to focus on building strength and endurance in the glute muscles.

**DAY 5: REST DAY**

Day 5: Rest Day. This is a great day to rest and recover.

### 4 DAY WORKOUT PLAN



**DAY 1: LEG DAY**

Day 1: Leg Day. This is a great day to focus on building strength and endurance in the quadriceps muscles.

**DAY 2: BACK DAY**

Day 2: Back Day. This is a great day to focus on building strength and endurance in the hamstring muscles.

**DAY 3: REST DAY**

Day 3: Rest Day. This is a great day to rest and recover.

**DAY 4: CHEST & TRICEPS**

Day 4: Chest & Triceps. This is a great day to focus on building strength and endurance in the glute muscles.

## WELCOME!



### NUTRITION TIPS

- 1. [EAT MORE PROTEIN](#)
- 2. [EAT MORE FIBER](#)
- 3. [EAT MORE VEGGIES](#)
- 4. [EAT MORE FRUIT](#)
- 5. [EAT MORE WATER](#)



**Smoothie**

A healthy smoothie made with fresh fruit and vegetables. It's a great way to get more nutrients into your diet.

### DAY FOUR: CHEST & TRICEPS



**Exercise**

Exercise	Sets	Reps
Barbell Bench Press	3	10-12
Push-up	3	10-12
Tricep Dips	3	10-12
Tricep Kickbacks	3	10-12
Tricep Extensions	3	10-12
Tricep Curls	3	10-12

### WARM UP EXERCISE



**Exercise**



**Exercise**



**Exercise**



**Exercise**

# Ebook Fitness Workout

**Dale L. Roberts**

**Ebook Fitness Workout:**

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