



40+ pages program

FITNESS EBOOK *template*

TABLE OF CONTENTS

1. ABOUT YOUR PROGRAM
2. WELCOME
3. ABOUT YOUR PROGRAM
4. WELCOME
5. ABOUT YOUR PROGRAM



DAY ONE: LEG DAY



Exercise Name | **SETS** | **REPS** | **REST**

1. Squat | 3 | 12 | 30s

2. Lunges | 3 | 12 | 30s



3. Glute Bridge | 3 | 12 | 30s

4. Calf Raises | 3 | 12 | 30s



5. Heel Raises | 3 | 12 | 30s

6. Side Lunges | 3 | 12 | 30s



7. Standing Calf Raises | 3 | 12 | 30s

8. Seated Calf Raises | 3 | 12 | 30s

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

1. Proper Form: Keep your back straight and your feet flat on the ground.
2. Breathing: Inhale as you move up and exhale as you move down.
3. Core Engagement: Engage your core muscles throughout the movement.

INSTRUCTIONS

1. Start in a plank position with your hands under your shoulders and your feet under your hips.

2. Lift your hips and glutes, creating a straight line from your head to your heels.

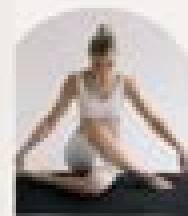
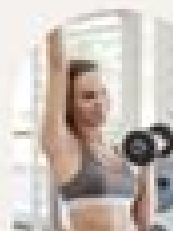
3. Hold for 30 seconds, then lower your hips back to the ground.

4. Repeat for 3 sets.

MEET YOUR TRAINERS

ALL ABOUT YOUR TRAINER

Hi, I'm [Name], your personal trainer. I have over 10 years of experience in the fitness industry, and I'm passionate about helping you achieve your goals.



ALL ABOUT YOUR TRAINER

Hi, I'm [Name], your personal trainer. I have over 10 years of experience in the fitness industry, and I'm passionate about helping you achieve your goals.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

1. Squat | 3 | 12 | 30s

2. Lunges | 3 | 12 | 30s

3. Glute Bridge | 3 | 12 | 30s

4. Calf Raises | 3 | 12 | 30s

5. Heel Raises | 3 | 12 | 30s

6. Side Lunges | 3 | 12 | 30s

7. Standing Calf Raises | 3 | 12 | 30s

8. Seated Calf Raises | 3 | 12 | 30s

DAY 2: UPPER BODY DAY

1. Push-ups | 3 | 12 | 30s

2. Dumbbell Press | 3 | 12 | 30s

3. Bicep Curls | 3 | 12 | 30s

4. Tricep Dips | 3 | 12 | 30s

5. Plank | 3 | 30s | 30s

DAY 3: CORE

1. Plank | 3 | 30s | 30s

2. Side Plank | 3 | 30s | 30s

3. Russian Twists | 3 | 12 | 30s

4. Mountain Climbers | 3 | 12 | 30s

5. Bicycle Crunches | 3 | 12 | 30s

DAY 4: BACK DAY

1. Deadlifts | 3 | 12 | 30s

2. Bent Over Rows | 3 | 12 | 30s

3. Lat Pulldowns | 3 | 12 | 30s

4. Tricep Extensions | 3 | 12 | 30s

5. Plank | 3 | 30s | 30s

DAY 5: FULL BODY

1. Squat | 3 | 12 | 30s

2. Lunges | 3 | 12 | 30s

3. Push-ups | 3 | 12 | 30s

4. Dumbbell Press | 3 | 12 | 30s

5. Bicep Curls | 3 | 12 | 30s

6. Tricep Dips | 3 | 12 | 30s

7. Plank | 3 | 30s | 30s



NUTRITION TIPS

01. Eat a variety of fruits and vegetables to get essential vitamins and minerals.
02. Drink plenty of water throughout the day to stay hydrated.
03. Avoid sugary drinks and processed foods that are high in calories and low in nutrients.
04. Get enough sleep to support your body's recovery and overall health.
05. Listen to your body and adjust your diet accordingly to meet your needs.

DAY FOUR: CHEST & TRICEPS



Exercise	SETS	REPS
Push-ups	3	12-15
Dumbbell Press	3	10-12
Bench Press	3	10-12
Tricep Dips	3	10-12
Tricep Extensions	3	10-12
Plank	3	30s

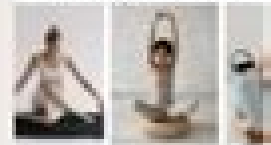
WARM UP EXERCISE

1. Light Cardio: 5 minutes of jumping jacks, high knees, and butt kicks.

2. Dynamic Stretches: 5 minutes of arm circles, leg swings, and torso twists.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

1. Squat | 3 | 12 | 30s

2. Lunges | 3 | 12 | 30s

3. Glute Bridge | 3 | 12 | 30s

4. Calf Raises | 3 | 12 | 30s

5. Heel Raises | 3 | 12 | 30s

6. Side Lunges | 3 | 12 | 30s

7. Standing Calf Raises | 3 | 12 | 30s

8. Seated Calf Raises | 3 | 12 | 30s

DAY 2: UPPER BODY DAY

1. Push-ups | 3 | 12 | 30s

2. Dumbbell Press | 3 | 12 | 30s

3. Bicep Curls | 3 | 12 | 30s

4. Tricep Dips | 3 | 12 | 30s

5. Plank | 3 | 30s | 30s

DAY 3: CORE

1. Plank | 3 | 30s | 30s

2. Side Plank | 3 | 30s | 30s

3. Russian Twists | 3 | 12 | 30s

4. Mountain Climbers | 3 | 12 | 30s

5. Bicycle Crunches | 3 | 12 | 30s

DAY 4: BACK DAY

1. Deadlifts | 3 | 12 | 30s

2. Bent Over Rows | 3 | 12 | 30s

3. Lat Pulldowns | 3 | 12 | 30s

4. Tricep Extensions | 3 | 12 | 30s

5. Plank | 3 | 30s | 30s

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Augusta DeJuan Hathaway



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1. Understanding the eBook Ebook Fitness Workout
 - The Rise of Digital Reading Ebook Fitness Workout
 - Advantages of eBooks Over Traditional Books
2. Identifying Ebook Fitness Workout
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ebook Fitness Workout
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ebook Fitness Workout
 - Personalized Recommendations
 - Ebook Fitness Workout User Reviews and Ratings
 - Ebook Fitness Workout and Bestseller Lists
5. Accessing Ebook Fitness Workout Free and Paid eBooks
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 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ebook Fitness Workout
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 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ebook Fitness Workout
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ebook Fitness Workout
 - Setting Reading Goals Ebook Fitness Workout
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ebook Fitness Workout
 - Fact-Checking eBook Content of Ebook Fitness Workout
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
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