



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.



Bulgarian Split Squats 100 x 10 sec. 100

Bulgarian split squat exercise for leg day. It's a great exercise for building strength and endurance in the quadriceps and glute muscles.

EXERCISE GUIDE



Plank

Plank exercise for core strength. It's a great exercise for building strength and endurance in the core muscles.

Mountain Climbers

Mountain climber exercise for core strength. It's a great exercise for building strength and endurance in the core muscles.

Push-ups

Push-up exercise for upper body strength. It's a great exercise for building strength and endurance in the chest, shoulders, and triceps.

Sit-ups

Sit-up exercise for abdominal strength. It's a great exercise for building strength and endurance in the abdominal muscles.

MEET YOUR TRAINERS



John Doe

John Doe is a certified personal trainer with over 10 years of experience. He specializes in strength training and has helped many clients achieve their fitness goals.



Jane Smith

Jane Smith is a certified personal trainer with over 10 years of experience. She specializes in cardio training and has helped many clients achieve their fitness goals.

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 leg muscles. It includes exercises like squats, lunges, and leg presses.

DAY 2: BACK DAY

Day 2: Back Day. This is a great day to focus on building strength and endurance in the back muscles. It includes exercises like pull-ups, rows, and deadlifts.

DAY 3: CHEST & TRICEPS

Day 3: Chest & Triceps. This is a great day to focus on building strength and endurance in the chest and triceps muscles. It includes exercises like bench press, flys, and tricep dips.

DAY 4: ABS & LEGS

Day 4: Abs & Legs. This is a great day to focus on building strength and endurance in the abdominal and leg muscles. It includes exercises like sit-ups, planks, and leg exercises.

DAY 5: REST DAY

Day 5: Rest Day. This is a great day to rest and recover from the previous four days of training.

WELCOME!



NUTRITION TIPS

- 1. [Protein](#)
- 2. [Carbohydrates](#)
- 3. [Fats](#)
- 4. [Vitamins](#)
- 5. [Minerals](#)



FOOD

Food image showing a variety of healthy options.

DAY FOUR: CHEST & TRICEPS



Barbell Bench Press 100 x 10 sec. 100

Barbell bench press exercise for chest and triceps. It's a great exercise for building strength and endurance in the chest, shoulders, and triceps.

Push-ups 100 x 10 sec. 100

Push-up exercise for upper body strength. It's a great exercise for building strength and endurance in the chest, shoulders, and triceps.

Tricep Dips 100 x 10 sec. 100

Tricep dip exercise for triceps. It's a great exercise for building strength and endurance in the triceps muscles.

Push-ups 100 x 10 sec. 100

Push-up exercise for upper body strength. It's a great exercise for building strength and endurance in the chest, shoulders, and triceps.

WARM UP EXERCISE



Arm Circles

Arm circles exercise for warm up. It's a great exercise for warming up the arms and shoulders.



Leg Swings

Leg swings exercise for warm up. It's a great exercise for warming up the legs and hips.



High Knees

High knees exercise for warm up. It's a great exercise for warming up the legs and core.



Jumping Jacks

Jumping jacks exercise for warm up. It's a great exercise for warming up the entire body.

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 leg muscles. It includes exercises like squats, lunges, and leg presses.

DAY 2: BACK DAY

Day 2: Back Day. This is a great day to focus on building strength and endurance in the back muscles. It includes exercises like pull-ups, rows, and deadlifts.

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Augusta DeJuan Hathaway

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