



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.



Reverse Lunge 10-15 x 100-150 lb
Stand with feet hip-width apart. Step one foot back, lowering your hips until both knees are bent at 90 degrees. Push through the front heel to return to the starting position.



Deadlift 10-15 x 100-150 lb
Stand with feet hip-width apart, toes slightly out. Bend your hips and knees to lower your body, keeping your back straight and chest up. Push through your heels to stand back up.



Bicep Curl 10-15 x 100-150 lb
Stand with feet hip-width apart. Bend your elbows to lift the weights, keeping your wrists straight and your core engaged. Lower the weights back down to the starting position.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight and your core engaged.
- 2. Breathing: Inhale as you lower your body, exhale as you push back up.
- 3. Consistency: Repeat the exercise for the full duration of the workout.

INSTRUCTIONS

1. Warm-up: Perform 5 minutes of light cardio to get your heart rate up and your muscles warmed up.

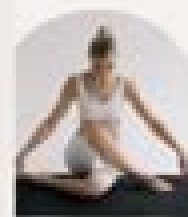
2. Main Workout: Follow the exercise guide for the full duration of the workout, keeping your form and breathing consistent.

3. Cool-down: Perform 5 minutes of stretching to help your muscles recover and prevent injury.

MEET YOUR TRAINERS

ALYSSA JOHNSON

Alyssa Johnson is a personal trainer with over 10 years of experience. She specializes in strength training and cardiovascular exercise, helping her clients achieve their fitness goals.



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5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Reverse Lunge 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 100-150 lb
Tricep Extension 10-15 x 100-150 lb
Shoulder Press 10-15 x 100-150 lb

DAY 3: CARDIO

30-minute HIIT workout
20-minute core workout
10-minute stretching

DAY 4: LEG DAY

Front Squat 10-15 x 100-150 lb
Reverse Lunge 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb

DAY 5: UPPER BODY DAY

Bicep Curl 10-15 x 100-150 lb
Tricep Extension 10-15 x 100-150 lb
Shoulder Press 10-15 x 100-150 lb



NUTRITION TIPS

1. Stay hydrated: Drink plenty of water throughout the day to keep your body functioning properly.
2. Eat balanced meals: Include a mix of protein, carbohydrates, and healthy fats in every meal.
3. Avoid processed foods: These are high in sugar and unhealthy fats, which can hinder your progress.
4. Get enough sleep: Rest is essential for muscle recovery and overall health.
5. Listen to your body: If you're feeling tired or hungry, it's a sign you need to take a break or eat.

DAY FOUR: CHEST & TRICEPS



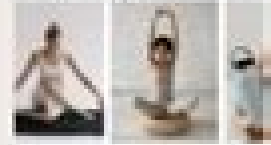
Exercise	Reps	Weight
Barbell Bench Press	4	10 x 100
Pushups	2	2 x 20
Tricep Dips	2	2 x 10
Shoulder Press	2	2 x 10
Tricep Extension	2	2 x 10
Plank	2	2 x 10

WARM UP EXERCISE

Perform these exercises for 5 minutes before your main workout to warm up your muscles and prevent injury.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb
Reverse Lunge 10-15 x 100-150 lb
Deadlift 10-15 x 100-150 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 100-150 lb
Tricep Extension 10-15 x 100-150 lb
Shoulder Press 10-15 x 100-150 lb

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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 illustration 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

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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*

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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](#)

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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 Made in the USA **Practice Makes Perfect Linear Algebra (EBOOK)** Sandra Luna McCune,William D.

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