



40+ pages program

FITNESS EBOOK *template*

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2. WELCOME
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4. NUTRITION TIPS
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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 and down, lowering your hips until both knees are bent at about a 90-degree angle. Push through the front foot to stand back up.



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 up towards your shoulders, keeping your wrists straight. Lower the weights back down to your sides.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

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

INSTRUCTIONS

1. Warm up with 5 minutes of light cardio (jogging or jumping jacks) to get your heart rate up and your muscles warm.

2. Perform the exercises in the order listed, completing the specified number of sets and reps for each.

3. Rest for 1-2 minutes between sets to allow your muscles to recover.

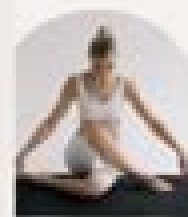
4. Stay hydrated throughout the workout by drinking water.

5. After the workout, stretch for 5-10 minutes to help reduce muscle soreness.

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. She is passionate about helping others feel confident and strong in their own bodies.



JOEY LEE

Joey is a personal trainer with over 5 years of experience. She specializes in cardio and core workouts. She is passionate about helping others achieve their fitness goals and is always looking for new ways to challenge her clients.

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 jog or run
20-minute core workout
10-minute stretching

DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb
Bicep Curl 10-15 x 100-150 lb
Tricep Extension 10-15 x 100-150 lb

DAY 5: ARM 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. Eat a balanced diet with plenty of fruits, vegetables, lean protein, and whole grains.
2. Stay hydrated by drinking plenty of water throughout the day.
3. Avoid sugary drinks and processed foods.
4. Get enough sleep (7-9 hours per night) to support your body's recovery and metabolism.
5. Listen to your body and eat when you're hungry, but stop when you're full.

DAY FOUR: CHEST & TRICEPS



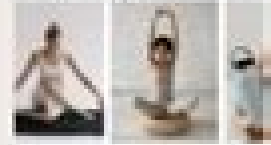
EXERCISE	SETS	REPS
Chest Press	3	10-15
Tricep Extension	3	10-15
Shoulder Press	3	10-15
Bicep Curl	3	10-15
Tricep Pushdown	3	10-15
Shoulder Press	3	10-15
Bicep Curl	3	10-15

WARM UP EXERCISE

Perform these exercises for 5-10 minutes before your main workout to warm up your muscles and prevent injury.



4 DAY WORKOUT PLAN



WEEKEND

30-minute jog or run
20-minute core workout
10-minute stretching

WEEKEND

30-minute jog or run
20-minute core workout
10-minute stretching

Fitness Workout Ebook

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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

Ebook Marketing Warfare Young Akpasubi,2023-07-01 *Ebook Marketing Warfare 20 Battle Tested Tactics* is a must have resource for authors and publishers seeking to maximize the success of their ebooks in today s competitive digital landscape This comprehensive guide offers a treasure trove of proven strategies innovative techniques and expert advice to help you navigate the intricacies of ebook marketing with confidence and achieve optimal results In the first section you ll discover a plethora of digital marketing strategies tailored specifically for ebooks From harnessing the power of social media platforms and email marketing campaigns to leveraging influencer collaborations and search engine optimization SEO techniques this guide provides practical step by step instructions on how to implement each strategy effectively You ll learn how to build an engaged audience increase your ebook s visibility and ultimately boost sales The second section delves into creative promotional tactics designed to captivate readers and drive engagement From creating visually stunning book trailers and graphics to organizing exciting contests and giveaways you ll find a treasure trove of ideas to generate buzz and attract new readers The guide also explores the power of guest blogging podcast interviews and collaborations with complementary authors offering valuable insights on how to leverage these opportunities to expand your reach and connect with your target audience Finally the guide wraps up with invaluable tips on utilizing self publishing platforms obtaining influential reviews and exploring the realm of offline marketing through industry conferences and book fairs With practical examples real world case studies and thoughtful guidance *Ebook Marketing Warfare 20 Battle Tested Tactics* equips you with the knowledge and tools necessary to navigate the dynamic world of ebook marketing and achieve sustainable success Whether you re a seasoned author or a budding writer this guide will empower you to stand out in the digital marketplace increase your ebook s visibility and build a loyal reader base With its comprehensive approach actionable insights and innovative strategies *Ebook Marketing Warfare 20 Battle Tested Tactics* is your roadmap to achieving ebook marketing success in the ever evolving digital age

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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

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The Home Workout Handbook Raza Imam, 2018-02-20 Attention Buy the paperback version of this book and get the Kindle ebook version for FREE Cancel your gym membership If You Want to Know How to Get Lean Ripped at Home in 30 Minutes Day Then Keep Reading Discover How to Burn Ugly Fat and Get Ripped Without All the Non Sense That Takes Place In Most Commercial Gyms I was disgusted I had just pulled into the parking lot of my local big box commercial gym The parking lot was jam packed The locker room was dank musty and damp The lockers were stained with sticky messes and coated with rust some even had old clothes and garbage The gym bros were howling and high fiving each other in between sets Every other step I took was like traversing a minefield dodging the piles of misplaced weights scattered across the floor It literally made me turn around and leave Of

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examples The accompanying fun and interesting exercises let you practice practice practice what you have learned The lessons are short so you can complete them in twenty minutes or less and you can go at a pace that works for you THIS WORKBOOK WILL HELP YOU UNDERSTAND Saber vs conhecer Verb tenses Essential vocabulary Superlatives Nouns Adjectives Sentence structure and more Whether you are learning on your own or taking a beginning Portuguese class Practice Makes Perfect Basic Portuguese will help you build your confidence in your new language

100 Gym Workout Routines Muscle Trainer,2016-10-22 Many gym goers want to get a beautiful body but do not know how to do They do not know how it functions and the type of training Sometimes they encounter a personal trainer too superficial and other times they are at the mercy of misconceptions Form their own culture to buy ebook on fitness begin to understand the mechanisms behind the muscle growth will allow you to get close to success and to those who are your targets In this ebook you will find 100 training cards for the gym on weight loss the definition on the strength and mass Finally you are able to solve many of your doubts PLEASE NOTE The training programs provided are for informational and educational purposes only They do not constitute medical advice and are not a substitute for the opinion of a doctor physiotherapist or other qualified healthcare professional In the absence of medical conditions it is recommended to consult a certified personal trainer Before starting any training program or making lifestyle changes it is strongly advised to consult your doctor especially in the presence of medical conditions previous injuries or special circumstances e g pregnancy The user assumes full responsibility for the use of the training plans and any advice contained within The author is not liable for any injuries damages or adverse effects resulting from the self application of the proposed programs Results may vary based on individual factors such as age health status consistency nutrition and genetics No results are guaranteed

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Fitness and Food Journal: Exercise Log Book with Food Journal: Record Your Fitness Workouts & Measurement Body Roger H.

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**

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Clark,2013-01-04 Expert instruction and plenty of practice to reinforce advanced math skills Presents concepts with application to natural sciences engineering economics computer science and other branches of mathematics Complementary to most linear algebra courses or as a refresher text More than 500 exercises and answers Hundreds of solved problems The Practice Makes Perfect series has sold more than 1 million copies worldwide

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