



# 40+ pages program

# FITNESS EBOOK ~~template~~

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### DAY ONE: LEG DAY



**Exercise Name:** Lunges **Level:** Beginner **Duration:** 10 min

Start in a standing position with your feet shoulder-width apart. Step forward with one leg, bending both knees at a 90-degree angle. Push off with your front foot to return to the starting position. Repeat on the other leg.



**Exercise Name:** Squats **Level:** Beginner **Duration:** 10 min

Stand with your feet shoulder-width apart. Bend your knees and lower your body until your thighs are parallel to the ground. Push through your heels to return to the starting position.



**Exercise Name:** Glute Bridges **Level:** Beginner **Duration:** 10 min

Lie on your back with your knees bent and feet flat on the floor. Push your hips up towards the sky, squeezing your glutes. Hold for a few seconds before lowering back down.



**Exercise Name:** Leg Press **Level:** Beginner **Duration:** 10 min

Stand with your feet shoulder-width apart and hold a dumbbell in each hand. Step forward with one leg and bend your knee, pushing the dumbbells forward until your arms are straight. Push off with your front foot to return to the starting position.

### EXERCISE GUIDE



**Exercise Name:** Plank **Level:** Beginner **Duration:** 10 min

Start in a high plank position with your body in a straight line from head to heels. Hold for as long as you can, breathing deeply and keeping your core engaged.



**Exercise Name:** Push-ups **Level:** Beginner **Duration:** 10 min

Start in a high plank position. Lower your body towards the floor, keeping your core tight and your head in line with your spine. Push back up to the starting position.



**Exercise Name:** Mountain Climbers **Level:** Beginner **Duration:** 10 min

Start in a high plank position. Bring one knee towards your chest, then immediately extend it back out. Alternate legs for a cardio-style exercise.

### MEET YOUR TRAINERS



**Trainer Name:** Sarah Johnson **Level:** Beginner **Duration:** 10 min

Sarah is a certified personal trainer with over 5 years of experience. She specializes in creating effective workout plans for beginners and helping them reach their fitness goals. She is known for her positive attitude and encouraging words.



**Trainer Name:** Michael Williams **Level:** Beginner **Duration:** 10 min

Michael is a certified personal trainer with over 5 years of experience. He specializes in creating effective workout plans for beginners and helping them reach their fitness goals. He is known for his positive attitude and encouraging words.

### 5 DAY WORKOUT PLAN



**Day 1: Leg Day**



**Day 2: Back Day**



**Day 3: Chest & Triceps**



**Day 4: Core & Legs**



**Day 5: Full Body**

## WELCOME!



### NUTRITION TIPS

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**Sample Meal Plan:**

Meal	Food Item	Calories
Breakfast	Whole grain cereal	300
Breakfast	Yogurt	200
Breakfast	Fruit	100
Breakfast	Water	0
Lunch	Salad	350
Lunch	Protein	250
Lunch	Carbohydrates	300
Lunch	Fats	100
Dinner	Protein	300
Dinner	Carbohydrates	400
Dinner	Fats	150
Dinner	Vegetables	200
Snacks	Fruit	100
Snacks	Protein	150
Snacks	Carbohydrates	100
Snacks	Fats	50

### DAY FOUR: CHEST & TRICEPS



**Exercise Name:** Dumbbell Bench Press **Level:** Beginner **Duration:** 10 min

Lie on a bench with your feet flat on the floor. Hold a dumbbell in each hand and press them upwards until your arms are straight. Lower them back down to the starting position.



**Exercise Name:** Dumbbell Tricep Extension **Level:** Beginner **Duration:** 10 min

Stand with your feet shoulder-width apart. Hold a dumbbell in each hand and extend your arms behind your head, keeping your elbows slightly bent. Lower them back down to the starting position.

### WARM UP EXERCISE



**Exercise Name:** Leg Warmers **Level:** Beginner **Duration:** 10 min

Stand with your feet shoulder-width apart. Step forward with one leg and bend both knees at a 90-degree angle. Push off with your front foot to return to the starting position. Repeat on the other leg.



**Exercise Name:** Arm Circles **Level:** Beginner **Duration:** 10 min

Stand with your feet shoulder-width apart. Hold a dumbbell in each hand and rotate your arms in a circular motion, keeping your shoulders relaxed.



**Exercise Name:** High Knees **Level:** Beginner **Duration:** 10 min

Stand with your feet shoulder-width apart. Lift your knees high towards your chest, alternating legs. Keep your core engaged and your back straight.



**Exercise Name:** Plank **Level:** Beginner **Duration:** 10 min

Start in a high plank position with your body in a straight line from head to heels. Hold for as long as you can, breathing deeply and keeping your core engaged.

### 4 DAY WORKOUT PLAN



**Day 1: Leg Day**



**Day 2: Back Day**



**Day 3: Chest & Triceps**



**Day 4: Core & Legs**

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**Robson Crew**

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