



40+ pages program

FITNESS EBOOK *template*

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42. DAY FORTY: FULL BODY

DAY ONE: LEG DAY



Front Squat 10-15 x 100-150 lb
 1. Stand with feet shoulder-width apart, toes slightly out.
 2. Lower your body by pushing your hips back and down.
 3. Keep your chest up and back straight.



Reverse Lunge 10-15 x 100-150 lb
 1. Stand with feet shoulder-width apart.
 2. Step one foot back and lower your body.
 3. Keep your chest up and back straight.



Deadlift 10-15 x 100-150 lb
 1. Stand with feet shoulder-width apart.
 2. Bend at the hips and knees to lower your body.
 3. Keep your chest up and back straight.



Heel Raise 10-15 x 100-150 lb
 1. Stand with feet shoulder-width apart.
 2. Lift your heels off the ground.
 3. Keep your chest up and back straight.

EXERCISE GUIDE

ARM CIRCLES



EXERCISE GUIDE

1. Stand with feet shoulder-width apart.
2. Lift your arms out to the sides.
3. Circle your arms forward.

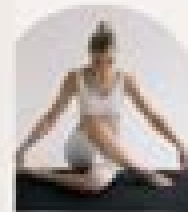
INSTRUCTIONS

1. Stand with feet shoulder-width apart.
 2. Lift your arms out to the sides.
 3. Circle your arms forward.
 4. Keep your chest up and back straight.
 5. Repeat for 10-15 reps.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to help you reach your goals. They will provide you with the knowledge and support you need to succeed.



ALL ABOUT YOUR

Trainers are here to help you reach your goals. They will provide you with the knowledge and support you need to succeed.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

1. Front Squat 10-15 x 100-150 lb
 2. Reverse Lunge 10-15 x 100-150 lb
 3. Deadlift 10-15 x 100-150 lb
 4. Heel Raise 10-15 x 100-150 lb

DAY 2: CHEST & TRICEPS

1. Bench Press 10-15 x 100-150 lb
 2. Tricep Dips 10-15 x 100-150 lb
 3. Incline Bench Press 10-15 x 100-150 lb
 4. Tricep Pushdown 10-15 x 100-150 lb

DAY 3: ARM DAY

1. Bicep Curl 10-15 x 100-150 lb
 2. Tricep Extension 10-15 x 100-150 lb
 3. Hammer Curl 10-15 x 100-150 lb
 4. Overhead Tricep Extension 10-15 x 100-150 lb

DAY 4: BACK DAY

1. Deadlift 10-15 x 100-150 lb
 2. Bent Over Row 10-15 x 100-150 lb
 3. Pull Up 10-15 x 100-150 lb
 4. Lat Pulldown 10-15 x 100-150 lb

DAY 5: FULL BODY

1. Squat 10-15 x 100-150 lb
 2. Bench Press 10-15 x 100-150 lb
 3. Deadlift 10-15 x 100-150 lb
 4. Tricep Extension 10-15 x 100-150 lb

NUTRITION TIPS

01. Eat a variety of fruits and vegetables.
02. Drink plenty of water throughout the day.
03. Get enough sleep (7-9 hours) each night.
04. Avoid sugary drinks and processed foods.
05. Eat a variety of proteins (chicken, fish, tofu, etc.).

DAY FOUR: CHEST & TRICEPS



EXERCISE	SETS	REPS
Bench Press	4	10-15
Incline Bench Press	3	10-15
Tricep Dips	3	10-15
Tricep Pushdown	3	10-15
Hammer Curl	3	10-15
Overhead Tricep Extension	3	10-15

WARM UP EXERCISE

1. Light cardio (jogging, jumping rope, etc.) for 5-10 minutes.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

1. Front Squat 10-15 x 100-150 lb
 2. Reverse Lunge 10-15 x 100-150 lb
 3. Deadlift 10-15 x 100-150 lb
 4. Heel Raise 10-15 x 100-150 lb

DAY 2: CHEST & TRICEPS

1. Bench Press 10-15 x 100-150 lb
 2. Tricep Dips 10-15 x 100-150 lb
 3. Incline Bench Press 10-15 x 100-150 lb
 4. Tricep Pushdown 10-15 x 100-150 lb

DAY 3: ARM DAY

1. Bicep Curl 10-15 x 100-150 lb
 2. Tricep Extension 10-15 x 100-150 lb
 3. Hammer Curl 10-15 x 100-150 lb
 4. Overhead Tricep Extension 10-15 x 100-150 lb

DAY 4: BACK DAY

1. Deadlift 10-15 x 100-150 lb
 2. Bent Over Row 10-15 x 100-150 lb
 3. Pull Up 10-15 x 100-150 lb
 4. Lat Pulldown 10-15 x 100-150 lb

Ebook Fitness Workout

Robson Crew

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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