



# 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 core engaged. Push through your heels to stand back up.



**Bulgarian Split Squat** 10-15 x 100-150 lb  
Place one foot on a bench or box behind you. Lower your body by pushing your hips back and down, keeping your chest up and core engaged. Push through your front heel to stand back up.



**Deadlift** 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 core engaged. Push through your heels to stand back up.



**Hamstring Curl** 10-15 x 100-150 lb  
Lie on your back with knees bent and feet flat on the floor. Lift your hips off the ground by pushing your feet down and up, keeping your chest up and core engaged. Lower your hips back down to the floor.

## EXERCISE GUIDE

ARMY CURE



### EXERCISE GUIDE

- 1. Proper Form: Keep your back straight and your core engaged.
- 2. Breathing: Breathe in through your nose and out through your mouth.
- 3. Repetitions: Perform 10-15 repetitions.

### INSTRUCTIONS

1. Start in a plank position with your hands under your shoulders and your feet hip-width apart. Engage your core and hold for 30 seconds.

2. If you are unable to hold for 30 seconds, start with a modified plank on your forearms.

3. As you become more comfortable, increase the time you hold the plank.

4. Remember to breathe throughout the exercise.

## MEET YOUR TRAINERS

### ALL ABOUT US

We are a team of fitness enthusiasts who love to help others achieve their goals. We have been training for over 10 years and have a wealth of experience to share.



### ALL ABOUT US

We are a team of fitness enthusiasts who love to help others achieve their goals. We have been training for over 10 years and have a wealth of experience to share.

## 5 DAY WORKOUT PLAN

### DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb  
Bulgarian Split Squat 10-15 x 100-150 lb  
Deadlift 10-15 x 100-150 lb  
Hamstring Curl 10-15 x 100-150 lb

### DAY 2: UPPER BODY DAY

Bench Press 10-15 x 100-150 lb  
Overhead Press 10-15 x 100-150 lb  
Pull-ups 10-15 x 100-150 lb  
Rowing Machine 10-15 x 100-150 lb

### DAY 3: CARDIO

30-minute run  
30-minute HIIT workout  
30-minute yoga

### DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb  
Bent Over Row 10-15 x 100-150 lb  
Lat Pulldown 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  
Forearm Plank 10-15 x 100-150 lb  
Wrist Flexion 10-15 x 100-150 lb



## NUTRITION TIPS

1. Eat a balanced diet of protein, carbohydrates, and healthy fats.
2. Drink plenty of water throughout the day.
3. Avoid sugary drinks and processed foods.
4. Get enough sleep (7-9 hours) to support your body's recovery.
5. Listen to your body and eat when you are hungry.

## DAY FOUR: CHEST & TRICEPS



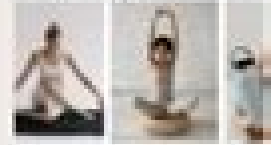
Exercise	Reps	Weight
Bench Press	10-15	100-150 lb
Overhead Press	10-15	50-75 lb
Tricep Extension	10-15	20-30 lb
Push-ups	10-15	Bodyweight
Plank	30-60	Bodyweight

## WARM UP EXERCISE

Perform these exercises for 5-10 minutes before your main workout.



## 4 DAY WORKOUT PLAN



### DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb  
Bulgarian Split Squat 10-15 x 100-150 lb  
Deadlift 10-15 x 100-150 lb  
Hamstring Curl 10-15 x 100-150 lb

### DAY 2: UPPER BODY DAY

Bench Press 10-15 x 100-150 lb  
Overhead Press 10-15 x 100-150 lb  
Pull-ups 10-15 x 100-150 lb  
Rowing Machine 10-15 x 100-150 lb

### DAY 3: CARDIO

30-minute run  
30-minute HIIT workout  
30-minute yoga

### DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb  
Bent Over Row 10-15 x 100-150 lb  
Lat Pulldown 10-15 x 100-150 lb  
Tricep Extension 10-15 x 100-150 lb

# Ebook Fitness Workout

**Frank Sepe**



## **Ebook Fitness Workout:**

**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

**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 Angels Maurice Heller,Neila Rey,2003-04 Easy to follow no equipment bodyweight training routines you can do any time anywhere Suitable for all fitness levels Cranky Fitness: Exercise Your Ass Off Jan Graham,2012-11-19 Are you looking for an upbeat enthusiastic fitness book offering inspirational advice about exercise and explaining just how easy fun and rewarding it is to get fit That s unfortunate Because you won t find any of that stuff here Based on the blog Cranky Fitness this ebook offers realistic practical advice on how to get fit lean and fierce It also includes obscenities whining opinionated tirades and advice that could either be extremely useful or could result in an untimely death Bonus there are bullet points and photos that break up solid blocks of text quite nicely so that you can make your way through it quickly You might accidentally learn a few things whether you meant to or not Cranky Fitness Exercise Your Ass Off is not for everyone There are words that have several syllables research studies that have numbers in them and exercise tips that require more than ten minutes and don t even guarantee instant flat abs or buns of titanium The book was written for people who know that getting fit is crucial for health both physical and mental yet who are also aware that sometimes virtuous pursuits require effort creativity patience and cursing This ebook includes advice on getting fit some specifics about various activities you might want to pursue a bit of motivation and inspiration and a few advanced tweaks and tips It is the first in a series of ebooks that promises to be every bit as weird as this first installment Only for the few the proud the brave and the cranky **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

*Special Forces Fitness Training* Augusta DeJuan Hathaway,2014-08-12 Reshape your body with the intense Navy SEAL and Army Ranger workout program created by a United States military strength and conditioning coordinator Do you have what it takes to be a special ops soldier To be a member of the military s most elite units Navy SEALs Marine Force Recon Army Rangers or Green Berets you must be in phenomenal condition able to endure high levels of physical and mental stress In this book author Augusta DeJuan Hathaway shows how to get in the best shape of your life using the program he developed as a strength and conditioning specialist for the U S military special forces Be prepared to go all in or go home *Special Forces Fitness Training* presents gym free regimens that challenge you to train like a bad ass With the thirty hardcore workouts in this book you will Develop massive strength Increase speed agility Extend fatigue threshold Improve balance flexibility Boost mental fortitude

**Warrior Workouts, Volume 1** Stewart Smith,2017-12-05 From a Navy SEAL comes the absolute best in result driven fitness regimens drawn from the same essential training and workout plans used for police officers military and firefighters to keep them fit and in optimum physical condition Get fit now with these awesome collections of workouts designed by a Navy SEAL for maximum fitness Developed and tested by best selling fitness author and expert Stewart Smith these workouts will challenge you like no other exercise program available Whether you are an everyday athlete or aspire to greatness *Warrior Workouts* will leave no man or woman standing *Warrior Workouts* features challenging workouts including Spartan Run PT A brutal run to push your limits Spec Ops Leg Day Leg day will never be the same Devil s Mile Take on the devil with this crazy workout Blue Falcon Workout Go head to head with a friend and see who wins The Upper Body Round Robin Your favorite workouts remixed Hellacious 100s 10 workouts 1000 reps ZERO breaks Sandbaby 500 with Kettlebell and TRX Put your whole body to the test with this unforgettably tough workout CLEAR PROVEN RESULTS FROM LEGENDARY FITNESS EXPERT Combining comprehensive exercise information with instructional photos and diagrams *Warrior Workouts* takes all of former Navy SEAL Stew Smith s teaching experience and puts it in your hands ONLINE SUPPORT THROUGH GETFITNOW PLATFORM Comprehensive online support via social media community forums and website featuring additional content such as exclusive exercise videos nutritional tips live updates from authors and more REACH YOUR ABSOLUTE PHYSICAL PEAK Designed to push the human body to the brink *Warrior Workouts* challenges you to dig deep and find strength you never knew you had COMPLETE FITNESS PLAN FOR MAXIMUM RESULTS

Warrior Workouts contains a comprehensive workout schedule designed to drive you beyond the limits of your strength speed and endurance to achieve never before seen results      Hybrid Training Nick Nilsson,2012-02 Have you ever wondered how to REALLY maximize every single moment of every single rep of every single set to build muscle and strength FASTER Standard exercise technique is NOT the answer If you re interested in maximum strength and muscle building standard form reps are NOT the most efficient way to train Regular reps don t optimize muscle tension from start to finish Hybrid training does Hybrid Training is THE single most powerful and outside the box fitness and muscle building technique ever developed This book will have you using multiple types of resistance AT THE SAME TIME to more fully work the target muscle with NO ADDITIONAL EFFORT If you re serious about your training you NEED the information in this book It s going to save you days months and even YEARS of wasted time and effort      *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 bro s 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 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      **Workout Log Book: Fitness Notebook, Bodybuilding Journal, Physical Fitness Journal, Workout Training Logbook** Unique Journals,2019-03-18 Are there times you have walked into the gym or fitness center without a clear plan of what you wanted to do Did you complete your last workout efficiently Or did you skip out on some exercises and sets because you simply weren't in the mood Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in the back and forth where we try to legitimize ducking out of our fitness routine We want to help you have a better understanding at how you progress so we designed this workout logbook to be Useful The workout log can reveal patterns of strength development weight change mental attitude overtraining and plateaus clearer than even your most committed training partner It's a great teaching tool With a workout journal you can track every session every set and every rep you do in the gym The journal can become a blueprint of what works for you Easy To Use Keeping a detailed journal is a practice you'll be grateful for in the long run The more information you write down the more useful it will be Great Size With its 12.5 x 27.94 cm 8.5 x 11 dimensions you can squeeze it into a workout bag or purse with ease Lightweight and durable it's the perfect size to carry Handy and accessible it's a great companion during your gym workouts Awesome Covers To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks This fitness journal is great for keeping a log of your daily or weekly exercise routine so you can track your progress Keep motivated exercise harder create better goals and get better results with your training Tuck it in your training bag and start a journal of what you are doing today      **Bodyweight Workouts for Men** Sean Bartram,2015-12-01 Try these bodyweight exercises and routines designed specifically for men Bodyweight Workouts for Men is a step by step guide to one of the hottest fitness trends that truly gets results Created specifically for men the workouts in this book can be done anywhere anytime gravity and body weight are all guys need With this convenient and free workout method you can say goodbye to unwanted pounds and hello to definition as you work through 75 bodyweight exercises and 40 routines that blast every muscle in the body Full color photos guide you step by step through all the favorites squats planks pull ups push ups leg raises dips and horizontal pulls Regressions and progressions are outlined allowing you to adjust the exercises to match your skill level and move on to the next level when you are ready Guidelines on stretching form rep frequency and holding time resting and structuring a program are all featured to ensure the exercises in Bodyweight Workouts for Men are done correctly and without risk of injury      *The Illustrated Practical Encyclopedia of Fitness Training* Andy Wadsworth,2011      **Lifeskills Vocabulary 1 eBook** Saddleback Educational Publishing,2013-01-01 With these workbooks you can teach real life words and skills that students can practice immediately Furthermore while teaching about employment forms and money management students are learning essential critical thinking writing and reading comprehension skills Words are learned in context through a variety of high interest activities

including safety signs and symbols finding a job personal health cooking smart shopping legal documents making a budget and more The self directed activities require virtually no preparation and can be completed in one class period Topics Include Safety Signs and Symbols Finding a Job Employment Forms and Manuals Personal Health Care Government and Law Media and Communication and more **Fitness Journal for Men** Roger H Wells,2018-12-30 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 The Illustrated Practical Encyclopedia of Fitness Training Andy Wadsworth,2014-02 Written by an expert this is the ultimate do it yourself guide to exercising for fitness strength weight loss and flexibility with training programs and step by step instruction shown in more than 700 fantastic photographs Gym Training Log Book Robson Crew,2019-03-24 Beautifully Designed Undated Training Journal Inside notes 107 daily tables Inside daily table Date Trening day mon tue wed thu fri sat sun Muscle group exercise reps weight Notes 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 **The Truth** Frank Sepe,2004-02 When 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

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## Adopting the Beat of Term: An Emotional Symphony within **Ebook Fitness Workout**

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**diy needle tatting easy step by step tutorial** - Apr 08 2023

web mar 10 2023 step 1 holding a finished chain up against the needle make 6 double stitches step 2 take the needle and go through the picot on the side of the finished ring step 3 with the picot against the 6 stitches finish the ring and close it there you have it you have learned the basics of needle tatting

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