



40+ pages program

FITNESS EBOOK ~~template~~

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DAY ONE: LEG DAY



Quadriceps 100 x 10 sec. 100

Quadriceps exercise for leg day. It's a great exercise for building strength and endurance in the quadriceps muscles.



Hamstring Curls 100 x 10 sec. 100

Hamstring curl exercise for leg day. It's a great exercise for building strength and endurance in the hamstring muscles.



Glute Bridges 100 x 10 sec. 100

Glute bridge exercise for leg day. It's a great exercise for building strength and endurance in the glute muscles.



Hamstring Curls 100 x 10 sec. 100

Hamstring curl exercise for leg day. It's a great exercise for building strength and endurance in the hamstring muscles.

EXERCISE GUIDE



Quadriceps

Quadriceps exercise for leg day. It's a great exercise for building strength and endurance in the quadriceps muscles.

Hamstring Curls

Hamstring curl exercise for leg day. It's a great exercise for building strength and endurance in the hamstring muscles.

MEET YOUR TRAINERS



MEET JESSICA

Jessica is a certified personal trainer with over 10 years of experience. She is a fitness enthusiast and loves helping people reach their goals. She is a great trainer for those looking to build strength and endurance.



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Jessica is a certified personal trainer with over 10 years of experience. She is a fitness enthusiast and loves helping people reach their goals. She is a great trainer for those looking to build strength and endurance.

5 DAY WORKOUT PLAN



DAY 1: LEG DAY

Day 1 of the 5 day workout plan. This is a leg day, focusing on the quadriceps, hamstrings, and glutes.

DAY 2: BACK DAY

Day 2 of the 5 day workout plan. This is a back day, focusing on the latissimus dorsi, trapezius, and rhomboids.

DAY 3: REST DAY

Day 3 of the 5 day workout plan. This is a rest day, allowing the body to recover and repair.

DAY 4: CHEST & TRICEPS

Day 4 of the 5 day workout plan. This is a chest and triceps day, focusing on the pectorals and triceps.

DAY 5: ABS & LEGS

Day 5 of the 5 day workout plan. This is an abs and legs day, focusing on the core and legs.

4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Day 1 of the 4 day workout plan. This is a leg day, focusing on the quadriceps, hamstrings, and glutes.

DAY 2: BACK DAY

Day 2 of the 4 day workout plan. This is a back day, focusing on the latissimus dorsi, trapezius, and rhomboids.

DAY 3: REST DAY

Day 3 of the 4 day workout plan. This is a rest day, allowing the body to recover and repair.

DAY 4: CHEST & TRICEPS

Day 4 of the 4 day workout plan. This is a chest and triceps day, focusing on the pectorals and triceps.

WELCOME!



WELCOME!

It's great to have you join our fitness community! We're excited to help you reach your goals. Whether you're looking to lose weight, build muscle, or just stay healthy, we've got you covered.

WHAT'S INCLUDED:

- 40+ pages of content
- 5 Day and 4 Day workout plans
- Exercise guides and tips
- Meet your trainers
- Nutrition tips and recipes



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NUTRITION TIPS

- 1. [Protein](#)
- 2. [Carbohydrates](#)
- 3. [Fats](#)
- 4. [Vitamins and Minerals](#)
- 5. [Hydration](#)

DAY FOUR: CHEST & TRICEPS



Exercise Guide

Day 4 of the 5 day workout plan. This is a chest and triceps day, focusing on the pectorals and triceps.

Exercise	Reps	Sets
Barbell Bench Press	10	3
Push-Ups	10	3
Tricep Dips	10	3
Tricep Kickbacks	10	3
Tricep Extensions	10	3

WARM UP EXERCISE



Exercise Guide

Day 4 of the 5 day workout plan. This is a chest and triceps day, focusing on the pectorals and triceps.



Exercise Guide

Day 4 of the 5 day workout plan. This is a chest and triceps day, focusing on the pectorals and triceps.



Exercise Guide

Day 4 of the 5 day workout plan. This is a chest and triceps day, focusing on the pectorals and triceps.

Ebook Fitness Workout

Roger H Wells

Ebook Fitness Workout:

The book delves into Ebook Fitness Workout. Ebook Fitness Workout is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Ebook Fitness Workout, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Ebook Fitness Workout
- Chapter 2: Essential Elements of Ebook Fitness Workout
- Chapter 3: Ebook Fitness Workout in Everyday Life
- Chapter 4: Ebook Fitness Workout in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Ebook Fitness Workout. The first chapter will explore what Ebook Fitness Workout is, why Ebook Fitness Workout is vital, and how to effectively learn about Ebook Fitness Workout.
3. In chapter 2, this book will delve into the foundational concepts of Ebook Fitness Workout. This chapter will elucidate the essential principles that must be understood to grasp Ebook Fitness Workout in its entirety.
4. In chapter 3, the author will examine the practical applications of Ebook Fitness Workout in daily life. This chapter will showcase real-world examples of how Ebook Fitness Workout can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Ebook Fitness Workout in specific contexts. The fourth chapter will explore how Ebook Fitness Workout is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Ebook Fitness Workout. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Ebook Fitness Workout.

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