



# 40+ pages program

# FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
2. WELCOME
3. HOW TO USE THIS EBOOK
4. NUTRITION TIPS
5. WARM UP EXERCISE



## DAY ONE: LEG DAY



**Front Squat** 10-15 x 100-150 lb  
Stand with feet hip-width apart, toes slightly out. Lower into a squat, keeping your back straight and chest up. Push through your heels to stand back up.



**Lunging Lunge** 10-15 x 100-150 lb  
Stand with feet hip-width apart. Step forward with one foot, lowering your hips until both knees are bent at 90 degrees. Push back up to the starting position.



**Deadlift** 10-15 x 100-150 lb  
Stand with feet hip-width apart, toes slightly out. Bend at the hips and knees to lower the bar to the floor. Push through your heels to stand back up.



**Heel Stand** 10-15 x 100-150 lb  
Stand with feet hip-width apart. Lift your heels off the ground and hold for 30 seconds. Repeat 3 times.

## EXERCISE GUIDE

ARMY CURE



### EXERCISE GUIDE

- 1. Front Squat
- 2. Lunging Lunge
- 3. Deadlift
- 4. Heel Stand

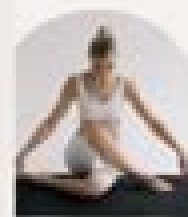
### INSTRUCTIONS

1. Warm up with 5 minutes of light cardio (jogging, cycling, etc.)  
2. Perform the exercises in the order listed, with 30 seconds of rest between sets.  
3. Complete 3 sets of each exercise.  
4. After the workout, stretch for 5 minutes.  
5. Drink plenty of water throughout the day.

## MEET YOUR TRAINERS

### ALL ABOUT YOUR

Trainers are here to help you reach your goals. They will provide you with a personalized workout plan and track your progress. They will also provide you with nutritional advice and help you stay motivated.



### ALL ABOUT YOUR

Trainers are here to help you reach your goals. They will provide you with a personalized workout plan and track your progress. They will also provide you with nutritional advice and help you stay motivated.

## 5 DAY WORKOUT PLAN

### DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb  
Lunging Lunge 10-15 x 100-150 lb  
Deadlift 10-15 x 100-150 lb  
Heel Stand 10-15 x 100-150 lb

### DAY 2: UPPER BODY DAY

Bench Press 10-15 x 100-150 lb  
Shoulder Press 10-15 x 100-150 lb  
Bicep Curl 10-15 x 100-150 lb  
Tricep Extension 10-15 x 100-150 lb

### DAY 3: CARDIO

30 minutes of cardio (jogging, cycling, etc.)  
10 minutes of strength training (bodyweight exercises)

### 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: REST DAY

Rest day. No exercise.



## NUTRITION TIPS

1. Eat a variety of fruits and vegetables.
2. Drink plenty of water.
3. Avoid sugary drinks.
4. Eat a variety of proteins.
5. Eat a variety of grains.

## DAY FOUR: CHEST & TRICEPS



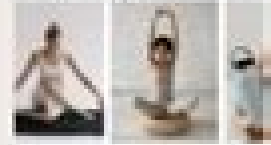
EXERCISE	SETS	REPS
Bench Press	4	10-15
Shoulder Press	4	10-15
Bicep Curl	4	10-15
Tricep Extension	4	10-15
Lat Pulldown	4	10-15
Deadlift	4	10-15

## WARM UP EXERCISE

Warm up with 5 minutes of light cardio (jogging, cycling, etc.)



## 4 DAY WORKOUT PLAN



### DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb  
Lunging Lunge 10-15 x 100-150 lb  
Deadlift 10-15 x 100-150 lb  
Heel Stand 10-15 x 100-150 lb

### DAY 2: UPPER BODY DAY

Bench Press 10-15 x 100-150 lb  
Shoulder Press 10-15 x 100-150 lb  
Bicep Curl 10-15 x 100-150 lb  
Tricep Extension 10-15 x 100-150 lb

# Ebook Fitness Workout

**Suzanne Schlosberg,Liz Neporent**

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

## **Ebook Fitness Workout:**

This 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. The book will furnish comprehensive and in-depth insights into Ebook Fitness Workout, encompassing both the fundamentals and more intricate discussions.

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

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

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