



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 Bridge 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.



Bulgarian Split Squat 100 x 10 sec. 100

Bulgarian split squat exercise for leg day. It's a great exercise for building strength and endurance in the quadriceps and glute 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.

Glute Bridge

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

Bulgarian Split Squat

Bulgarian split squat exercise for leg day. It's a great exercise for building strength and endurance in the quadriceps and glute 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 in the quadriceps and glute muscles.



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 in the quadriceps and glute muscles.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Day 1: Leg Day. This is a great day to focus on building strength and endurance in the quadriceps and glute muscles.

DAY 2: BACK DAY

Day 2: Back Day. This is a great day to focus on building strength and endurance in the back muscles.

DAY 3: REST DAY

Day 3: Rest Day. This is a great day to rest and recover.

DAY 4: CHEST & TRICEPS

Day 4: Chest & Triceps. This is a great day to focus on building strength and endurance in the chest and triceps muscles.

DAY 5: ABS & LEGS

Day 5: Abs & Legs. This is a great day to focus on building strength and endurance in the abdominal and leg muscles.

NUTRITION TIPS

- 1. [EAT MORE PROTEIN](#)
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WELCOME!

Welcome to our fitness program! We are excited to help you reach your goals. This program is designed to help you build strength and endurance in the quadriceps and glute muscles.

EXERCISES

Day 1: Leg Day. This is a great day to focus on building strength and endurance in the quadriceps and glute muscles.

Day 2: Back Day. This is a great day to focus on building strength and endurance in the back muscles.

Day 3: Rest Day. This is a great day to rest and recover.

Day 4: Chest & Triceps. This is a great day to focus on building strength and endurance in the chest and triceps muscles.

Day 5: Abs & Legs. This is a great day to focus on building strength and endurance in the abdominal and leg muscles.

FOOD

Day 1: Leg Day. This is a great day to focus on building strength and endurance in the quadriceps and glute muscles.

Day 2: Back Day. This is a great day to focus on building strength and endurance in the back muscles.

Day 3: Rest Day. This is a great day to rest and recover.

Day 4: Chest & Triceps. This is a great day to focus on building strength and endurance in the chest and triceps muscles.

Day 5: Abs & Legs. This is a great day to focus on building strength and endurance in the abdominal and leg muscles.

DAY FOUR: CHEST & TRICEPS



EXERCISES

Exercise	Sets	Reps
Barbell Bench Press	3	10-12
Push-up	3	10-12
Tricep Dips	3	10-12
Tricep Kickbacks	3	10-12
Tricep Extensions	3	10-12

WARM UP EXERCISE



WARM UP EXERCISE

Day 1: Leg Day. This is a great day to focus on building strength and endurance in the quadriceps and glute muscles.



WARM UP EXERCISE

Day 1: Leg Day. This is a great day to focus on building strength and endurance in the quadriceps and glute muscles.



WARM UP EXERCISE

Day 1: Leg Day. This is a great day to focus on building strength and endurance in the quadriceps and glute muscles.

4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Day 1: Leg Day. This is a great day to focus on building strength and endurance in the quadriceps and glute muscles.

DAY 2: BACK DAY

Day 2: Back Day. This is a great day to focus on building strength and endurance in the back muscles.

DAY 3: REST DAY

Day 3: Rest Day. This is a great day to rest and recover.

DAY 4: CHEST & TRICEPS

Day 4: Chest & Triceps. This is a great day to focus on building strength and endurance in the chest and triceps muscles.

Ebook Fitness Workout

Roger H Wells

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