



# 40+ pages program

# FITNESS EBOOK *template*

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2. WELCOME
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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 your body by pushing your hips back and down, keeping your back straight and core engaged. 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 leg, lowering your hips until both knees are bent at about a 90-degree angle. Push back up to the starting position.



**Deadlift** 10-15 x 100-150 lb  
Stand with feet hip-width apart, toes slightly out. Bend your hips and knees to lower your body towards the ground, keeping your back straight and core engaged. Push through your heels to stand back up.



**Bicep Curl** 10-15 x 100-150 lb  
Stand with feet hip-width apart. Bend your elbows to lift the weights up towards your shoulders, keeping your back straight and core engaged. Lower the weights back down to the starting position.

## EXERCISE GUIDE

ARMY CURE



### EXERCISE GUIDE

- 1. Front Squat
- 2. Lunging Lunge
- 3. Deadlift
- 4. Bicep Curl

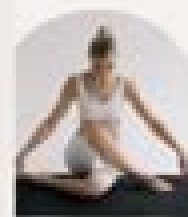
### INSTRUCTIONS

1. Warm up your muscles with a 5-minute walk or light jog before starting your workout.  
2. Perform each exercise for the number of sets and reps listed in the exercise guide.  
3. Rest for 1-2 minutes between sets.  
4. Stay hydrated throughout your workout.  
5. Listen to your body and stop if you feel any pain or discomfort.  
6. After your workout, stretch for 5-10 minutes to help with muscle recovery.

## MEET YOUR TRAINERS

### ALL ABOUT US

We are a team of fitness enthusiasts who love to help others achieve their fitness goals. We have been working out for over 10 years and have learned a lot about what works and what doesn't. We want to share our knowledge with you so you can reach your goals faster and more effectively.



### ALL ABOUT US

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## 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  
Bicep Curl 10-15 x 100-150 lb

### DAY 2: UPPER BODY DAY

Pushups 10-15 x 100-150 lb  
Pullups 10-15 x 100-150 lb  
Dumbbell Bench Press 10-15 x 100-150 lb  
Dumbbell Rows 10-15 x 100-150 lb

### DAY 3: CARDIO

30-minute jog or walk  
10-minute core workout  
10-minute stretching

### DAY 4: 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  
Bicep Curl 10-15 x 100-150 lb

### DAY 5: UPPER BODY DAY

Pushups 10-15 x 100-150 lb  
Pullups 10-15 x 100-150 lb  
Dumbbell Bench Press 10-15 x 100-150 lb  
Dumbbell Rows 10-15 x 100-150 lb



## NUTRITION TIPS

1. Eat a balanced diet with plenty of fruits, vegetables, and whole grains.
2. Drink plenty of water throughout the day.
3. Avoid sugary drinks and processed foods.
4. Get enough sleep (7-9 hours) to help with recovery.
5. Listen to your body and eat when you're hungry.

## DAY FOUR: CHEST & TRICEPS



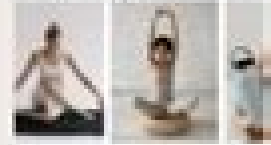
EXERCISE	SETS	REPS
Barbell Bench Press	4	10-15
Dumbbell Bench Press	4	10-15
Dumbbell Flys	4	10-15
Tricep Dips	4	10-15
Tricep Pushups	4	10-15
Tricep Kickbacks	4	10-15

## WARM UP EXERCISE

Warm up your muscles with a 5-minute walk or light jog before starting your workout.



## 4 DAY WORKOUT PLAN



EXERCISE	SETS	REPS
Barbell Bench Press	4	10-15
Dumbbell Bench Press	4	10-15
Dumbbell Flys	4	10-15
Tricep Dips	4	10-15
Tricep Pushups	4	10-15
Tricep Kickbacks	4	10-15

# Ebook Fitness Workout

**Roger H Wells**



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