



40+ pages program

FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
2. WELCOME
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DAY ONE: LEG DAY



Front Squat 10/15 x 100/120 lb
 Lower body workout in which you squat with the barbell in front of your feet, resting on your shoulders.



Deadlift 10/15 x 100/120 lb
 Lower body workout in which you lift a barbell from the floor to your hips, keeping your back straight.



Lunging 10/15 x 100/120 lb
 Lower body workout in which you lunge forward with one leg, keeping your back straight.



Heel Raise 10/15 x 100/120 lb
 Lower body workout in which you raise your heels, keeping your back straight.

EXERCISE GUIDE

ARMY CURE



EXERCISE GUIDE

- 1. Proper Form: Keep your back straight, head down, and feet flat on the floor.
- 2. Breathing: Inhale through your nose and exhale through your mouth.
- 3. Duration: Hold for 30 seconds.

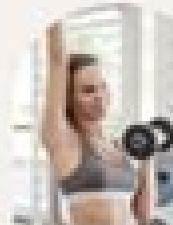
INSTRUCTIONS

1. Start in a plank position with your hands under your shoulders and feet flat on the floor.
 2. Engage your core and hold the position for 30 seconds.
 3. Breathe in through your nose and out through your mouth.
 4. Repeat for 3 sets.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to help you achieve your fitness goals. They will provide you with personalized advice and support throughout your journey.



ALL ABOUT YOUR

Trainers are here to help you achieve your fitness goals. They will provide you with personalized advice and support throughout your journey.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
 Deadlift 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/120 lb
 Shoulder Press 10/15 x 100/120 lb

DAY 3: CARDIO

30-minute run
 10-minute strength training

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
 Bent Over Row 10/15 x 100/120 lb

DAY 5: REST DAY

Rest day
 Stretching and foam rolling



NUTRITION TIPS

1. Stay hydrated: Drink plenty of water throughout the day.
2. Eat balanced meals: Include protein, carbs, and healthy fats.
3. Listen to your body: Eat when you're hungry and stop when you're full.
4. Get enough sleep: Aim for 7-9 hours of sleep per night.
5. Avoid processed foods: Focus on whole, unprocessed ingredients.

DAY FOUR: CHEST & TRICEPS



Exercise	Reps	Weight
Bench Press	10	100/120 lb
Tricep Dips	15	Bodyweight
Tricep Pushdown	15	10/15 lb
Tricep Kickback	15	10/15 lb
Tricep Extension	15	10/15 lb

WARM UP EXERCISE

Perform these exercises for 5 minutes before your main workout.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
 Deadlift 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bench Press 10/15 x 100/120 lb
 Shoulder Press 10/15 x 100/120 lb

DAY 3: CARDIO

30-minute run
 10-minute strength training

DAY 4: REST DAY

Rest day
 Stretching and foam rolling

Fitness Workout Ebook

Jec Aristotle Ballou

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

Fitness Workout Ebook:

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 *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

33 Strength and Fitness Workouts for Horses Jec Aristotle Ballou, 2025-11-04 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

Ebook Marketing Warfare

Young Akpasubi,2023-07-01 Ebook Marketing Warfare 20 Battle Tested Tactics is a must have resource for authors and publishers seeking to maximize the success of their ebooks in today s competitive digital landscape This comprehensive guide offers a treasure trove of proven strategies innovative techniques and expert advice to help you navigate the intricacies of ebook marketing with confidence and achieve optimal results In the first section you ll discover a plethora of digital marketing strategies tailored specifically for ebooks From harnessing the power of social media platforms and email marketing campaigns to leveraging influencer collaborations and search engine optimization SEO techniques this guide provides practical step by step instructions on how to implement each strategy effectively You ll learn how to build an engaged audience increase your ebook s visibility and ultimately boost sales The second section delves into creative promotional tactics designed to captivate readers and drive engagement From creating visually stunning book trailers and graphics to organizing exciting contests and giveaways you ll find a treasure trove of ideas to generate buzz and attract new readers The guide also explores the power of guest blogging podcast interviews and collaborations with complementary authors offering valuable insights on how to leverage these opportunities to expand your reach and connect with your target audience Finally the guide wraps up with invaluable tips on utilizing self publishing platforms obtaining influential reviews and exploring the realm of offline marketing through industry conferences and book fairs With practical examples real world case studies and thoughtful guidance Ebook Marketing Warfare 20 Battle Tested Tactics equips you with the knowledge and tools necessary to navigate the dynamic world of ebook marketing and achieve sustainable success Whether you re a seasoned author or a budding writer this guide will empower you to stand out in the digital marketplace increase your ebook s visibility and build a loyal reader base With its comprehensive approach actionable insights and innovative strategies Ebook Marketing Warfare 20 Battle Tested Tactics is your roadmap to achieving ebook marketing success in the ever evolving digital age

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Fitness Plan Adam Weiss,2009-01-01 A smarter safer way to trim your waistline without pain injury and all those crunches As a chiropractic physician Adam Weiss understands that traditional ab exercises can cause back pain strain muscles and can even cause misalignment That s why he created a truly safe and amazingly effective routine for slimming your waist without the risk of pain or injury His revolutionary approach targets and strengthens your core muscles using a unique combination of muscle stretches dynamic exercises and dietary advice It s safe It s smart And it works I love The AbSmart Fitness Plan Having neck and back problems I find the exercises easy and safe for me to do But more than that is the great information Dr Weiss includes on nutrition He brings together the knowledge of not only how to exercise properly but how to nourish your body to get optimal results Brenda Watson CNC Author of The Fiber35 Diet *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 **Harvey Walden's No Excuses! Fitness Workout** Harvey Walden,2008 **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 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

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Workout The e book includes 26 videos of Tony demonstrating how to perform the moves and motivating viewers as well as rich step by step photographs of the exercises

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