



# 40+ pages program

# FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
2. WELCOME
3. HOW TO USE & NAVIGATE
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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 chest up and back straight. Push through your heels to stand back up.



**Reverse Lunge** 10-15 x 100-150 lb  
Stand with feet hip-width apart. Step one foot back and down, lowering your hips until both knees are bent at about a 90-degree angle. Push through the front foot to stand back up.



**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, keeping your back straight. 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 wrists straight. Lower the weights back down to your sides.

## EXERCISE GUIDE

ARMY CURE



### EXERCISE GUIDE

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

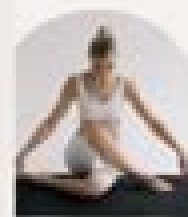
### INSTRUCTIONS

1. Warm up your muscles with a light jog or brisk walk for 5-10 minutes.  
2. Perform the exercises in the order listed, with 30 seconds of rest between sets.  
3. Focus on your form and technique, especially during the squats and lunges.  
4. If you are new to these exercises, start with a lighter weight and gradually increase as you become more comfortable.  
5. Remember to breathe in and out throughout the workout.

## 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, Reverse Lunge, Deadlift, Bicep Curl, Plank

### DAY 2: UPPER BODY DAY

Bicep Curl, Tricep Pushdown, Shoulder Press, Lat Pulldown, Plank

### DAY 3: CARDIO

30-minute jog, HIIT workout, Yoga, Core exercises

### DAY 4: BACK DAY

Lat Pulldown, Seated Cable Row, Bent Over Row, Plank

### DAY 5: REST DAY

Rest day, light stretching, hydration



## NUTRITION TIPS

1. Stay hydrated by drinking plenty of water throughout the day.
2. Eat a balanced diet with a mix of protein, carbohydrates, and healthy fats.
3. Avoid sugary drinks and processed foods.
4. Listen to your body and eat when you are hungry.
5. Get enough sleep to support your recovery and overall health.

## DAY FOUR: CHEST & TRICEPS



### EXERCISE

### SETS

### REPS

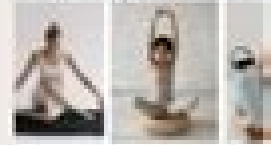
EXERCISE	SETS	REPS
Barbell Bench Press	4	10-15
Pushup	3	10-15
Tricep Dips	3	10-15
Tricep Pushdown	3	10-15
Tricep Extension	3	10-15
Tricep Kickback	3	10-15

## WARM UP EXERCISE

Warm up your muscles with a light jog or brisk walk for 5-10 minutes.



## 4 DAY WORKOUT PLAN



### WARM UP

Light jog or brisk walk for 5-10 minutes.

### DAY 1: LEG DAY

Front Squat, Reverse Lunge, Deadlift, Bicep Curl, Plank

### DAY 2: UPPER BODY DAY

Bicep Curl, Tricep Pushdown, Shoulder Press, Lat Pulldown, Plank

### DAY 3: CARDIO

30-minute jog, HIIT workout, Yoga, Core exercises

### DAY 4: BACK DAY

Lat Pulldown, Seated Cable Row, Bent Over Row, Plank

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**Frank Sepe**



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