



40+ pages program

FITNESS EBOOK *template*

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DAY ONE: LEG DAY



Front Squat 10-15 x 10-15 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 10-15 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 heel to stand back up.



Deadlift 10-15 x 10-15 lb
Stand with feet hip-width apart, toes slightly out. Bend your hips and knees to lower your body, keeping your back straight and chest up. Push through your heels to stand back up.



Bicep Curl 10-15 x 10-15 lb
Stand with feet hip-width apart. Hold a dumbbell in each hand, palms facing up. Curl the weights up towards your shoulders, keeping your elbows close to your body. Lower the weights back down.

EXERCISE GUIDE

ARMY CURL



EXERCISE GUIDE

- 1. Stand with feet hip-width apart
- 2. Hold a dumbbell in each hand
- 3. Curl the weights up towards your shoulders

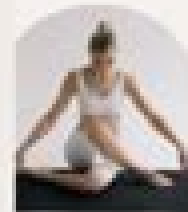
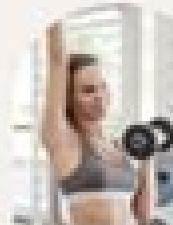
INSTRUCTIONS

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.

MEET YOUR TRAINERS

ALYSSA COLE

Alyssa is a personal trainer and fitness enthusiast with over 10 years of experience. She specializes in strength training and cardiovascular exercise, helping clients achieve their fitness goals.



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Alyssa is a personal trainer and fitness enthusiast with over 10 years of experience. She specializes in strength training and cardiovascular exercise, helping clients achieve their fitness goals.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10-15 x 10-15 lb
Reverse Lunge 10-15 x 10-15 lb
Deadlift 10-15 x 10-15 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 10-15 lb
Tricep Extension 10-15 x 10-15 lb
Shoulder Press 10-15 x 10-15 lb

DAY 3: CARD

30-minute cardio workout
Interval training: 1 minute high intensity, 1 minute low intensity

DAY 4: LEG DAY

Front Squat 10-15 x 10-15 lb
Reverse Lunge 10-15 x 10-15 lb
Deadlift 10-15 x 10-15 lb

DAY 5: CARD DAY

30-minute cardio workout
Interval training: 1 minute high intensity, 1 minute low intensity



NUTRITION TIPS

1. Eat a variety of fruits and vegetables to get essential vitamins and minerals.
2. Drink plenty of water to stay hydrated throughout the day.
3. Avoid sugary drinks and processed foods to maintain a healthy diet.
4. Get enough sleep to allow your body to recover and rebuild muscle.
5. Consult with a nutritionist or dietitian for personalized advice.

DAY FOUR: CHEST & TRICEPS



EXERCISE	SETS	REPS
Pushup	3	10-15
Tricep Extension	3	10-15
Shoulder Press	3	10-15
Bicep Curl	3	10-15
Deadlift	3	10-15

WARM UP EXERCISE

Perform these exercises for 5 minutes before your main workout to warm up your muscles and joints.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10-15 x 10-15 lb
Reverse Lunge 10-15 x 10-15 lb
Deadlift 10-15 x 10-15 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10-15 x 10-15 lb
Tricep Extension 10-15 x 10-15 lb
Shoulder Press 10-15 x 10-15 lb

Fitness Workout Ebook

Roger H. Wells



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**

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figures and references from the book on a variety of devices The Home Workout Handbook Raza Imam, 2018-02-20

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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 *The AbSmart 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 **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 Practice Makes Perfect Basic Portuguese (EBOOK) Sue Tyson-Ward, 2012-11-30 Master Portuguese grammar through hands on exercises and practice practice practice Practice Makes Perfect Basic Portuguese is a trusted companion to your Portuguese learning experience In each bite sized lesson author Sue Tyson Ward guides you through simple grammar and vocabulary concepts and illustrates them with clear examples The accompanying fun and interesting exercises let you practice practice practice what you have learned The lessons are short so you can complete them in twenty minutes or less and you can go at a pace that works for you THIS WORKBOOK WILL HELP YOU

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