



40+ pages program

FITNESS EBOOK *template*

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DAY ONE: LEG DAY



Front Squat 10/15 x 100/120 lb
Squat with feet hip-width apart, toes slightly out. Lower down until thighs are parallel to the floor, then push back up.



Reverse Lunge 10/15 x 100/120 lb
Step back with one foot, lowering hips until both thighs are parallel to the floor, then push back up.



Deadlift 10/15 x 100/120 lb
Stand with feet hip-width apart, toes slightly out. Lower down until thighs are parallel to the floor, then push back up.



Bicep Curl 10/15 x 100/120 lb
Stand with feet hip-width apart, toes slightly out. Lower down until thighs are parallel to the floor, then push back up.

EXERCISE GUIDE

ARMY CURL



EXERCISE GUIDE

- 1. Stand with feet hip-width apart, toes slightly out.
- 2. Lower down until thighs are parallel to the floor, then push back up.

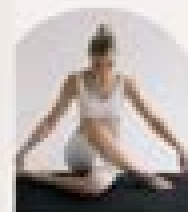
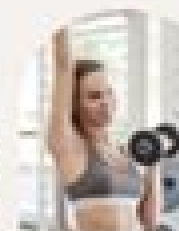
INSTRUCTIONS

1. Stand with feet hip-width apart, toes slightly out. Lower down until thighs are parallel to the floor, then push back up.

MEET YOUR TRAINERS

ALL ABOUT YOUR

Trainers are here to help you reach your goals. They will provide you with the best exercises and techniques to help you achieve your goals.



ALL ABOUT YOUR

Trainers are here to help you reach your goals. They will provide you with the best exercises and techniques to help you achieve your goals.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
Reverse Lunge 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10/15 x 100/120 lb
Tricep Pushdown 10/15 x 100/120 lb

DAY 3: CARDIO

30-minute cardio workout

DAY 4: BACK DAY

Deadlift 10/15 x 100/120 lb
Bicep Curl 10/15 x 100/120 lb

DAY 5: ARM DAY

Tricep Pushdown 10/15 x 100/120 lb
Bicep Curl 10/15 x 100/120 lb



NUTRITION TIPS

1. Eat a variety of fruits and vegetables.
2. Drink plenty of water.
3. Get enough sleep.
4. Avoid sugary drinks.
5. Eat a balanced diet.

DAY FOUR: CHEST & TRICEPS



EXERCISE	SETS	REPS
Barbell Bench Press	4	10 x 120
Cable Bench Press	3	12 x 120
Tricep Pushdown	3	12 x 120
Tricep Dips	3	12 x 120

WARM UP EXERCISE

Warm up with 5 minutes of cardio, then stretch.



4 DAY WORKOUT PLAN



DAY 1: LEG DAY

Front Squat 10/15 x 100/120 lb
Reverse Lunge 10/15 x 100/120 lb

DAY 2: UPPER BODY DAY

Bicep Curl 10/15 x 100/120 lb
Tricep Pushdown 10/15 x 100/120 lb

Ebook Fitness Workout

K Payea

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.

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