



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 back straight and core engaged. 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, lowering your hips until both knees are bent at a 90-degree angle. Push through the front foot to return to the starting position.



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 core engaged. Push through your heels to stand back up.



Bicep Curl 10-15 x 10-15 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 CURL



EXERCISE GUIDE

- 1. Stand with feet hip-width apart
- 2. Bend your knees and hips to lower your body
- 3. Push through your heels to stand back up

INSTRUCTIONS

1. 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.

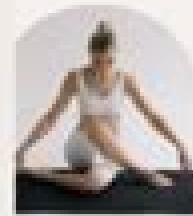
2. Stand with feet hip-width apart. Step one foot back, lowering your hips until both knees are bent at a 90-degree angle. Push through the front foot to return to the starting position.

3. Stand with feet hip-width apart, toes slightly out. Bend your hips and knees to lower your body, keeping your back straight and core engaged. 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 has helped many 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 has helped many clients achieve their fitness goals.

5 DAY WORKOUT PLAN

DAY 1: LEG DAY

1. Front Squat 10-15 x 10-15 lb
2. Reverse Lunge 10-15 x 10-15 lb
3. Deadlift 10-15 x 10-15 lb
4. Bicep Curl 10-15 x 10-15 lb

DAY 2: UPPER BODY DAY

1. Pushups 10-15 x 10-15 lb
2. Pullups 10-15 x 10-15 lb
3. Shoulder Press 10-15 x 10-15 lb
4. Bicep Curl 10-15 x 10-15 lb

DAY 3: CARDIO

1. Running 30 minutes
2. HIIT 10-15 minutes
3. Yoga 10-15 minutes
4. Stretching 10-15 minutes

DAY 4: LOWER BODY

1. Squat 10-15 x 10-15 lb
2. Lunges 10-15 x 10-15 lb
3. Deadlift 10-15 x 10-15 lb
4. Bicep Curl 10-15 x 10-15 lb

DAY 5: FULL BODY

1. Pushups 10-15 x 10-15 lb
2. Pullups 10-15 x 10-15 lb
3. Shoulder Press 10-15 x 10-15 lb
4. Bicep Curl 10-15 x 10-15 lb



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
Pushups	4	10-15
Tricep Dips	4	10-15
Shoulder Press	4	10-15
Bicep Curl	4	10-15
Deadlift	4	10-15
Front Squat	4	10-15

WARM UP EXERCISE

1. Jog in place for 5 minutes to get your heart rate up and warm up your muscles.



4 DAY WORKOUT PLAN



1. Pushups 10-15 x 10-15 lb
2. Pullups 10-15 x 10-15 lb
3. Shoulder Press 10-15 x 10-15 lb
4. Bicep Curl 10-15 x 10-15 lb

Fitness Workout Ebook

Sue Tyson-Ward

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, 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*

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