



# 40+ pages program

# FITNESS EBOOK *template*

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1. ABOUT YOUR PROGRAM
2. WELCOME
3. HOW TO USE & NAVIGATE
4. NUTRITION TIPS
5. WARM UP EXERCISE



## DAY ONE: LEG DAY



**Front Squat** 10-15 x 100-150 lb  
 Lower body workout in which you squat down and lift up, using your legs to lift the weight. It's a compound exercise that works your legs, glutes, and core.



**Deadlift** 10-15 x 100-150 lb  
 Lower body workout in which you squat down and lift up, using your legs to lift the weight. It's a compound exercise that works your legs, glutes, and core.



**Lunging** 10-15 x 100-150 lb  
 Lower body workout in which you squat down and lift up, using your legs to lift the weight. It's a compound exercise that works your legs, glutes, and core.



**Heel Raise** 10-15 x 100-150 lb  
 Lower body workout in which you squat down and lift up, using your legs to lift the weight. It's a compound exercise that works your legs, glutes, and core.

## EXERCISE GUIDE

ARMY CURE



### EXERCISE GUIDE

- 1. Front Squat
- 2. Deadlift
- 3. Lunging

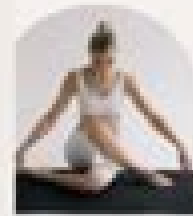
### INSTRUCTIONS

1. Stand with feet hip-width apart, toes pointing forward. Hold a barbell with both hands, feet shoulder-width apart. Lower the barbell to the floor, keeping your back straight and your feet flat on the floor. Push the floor away with your feet to lift the barbell back up. Repeat for 10-15 reps.

## MEET YOUR TRAINERS

### ALL ABOUT YOUR

Trainers are the people who help you reach your fitness goals. They are the ones who know the most about fitness and can help you create a plan that works for you. They are the ones who will keep you motivated and on track.



### ALL ABOUT YOUR

Trainers are the people who help you reach your fitness goals. They are the ones who know the most about fitness and can help you create a plan that works for you. They are the ones who will keep you motivated and on track.

## 5 DAY WORKOUT PLAN

### DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb  
 Deadlift 10-15 x 100-150 lb  
 Lunging 10-15 x 100-150 lb  
 Heel Raise 10-15 x 100-150 lb

### DAY 2: UPPER BODY DAY

Bench Press 10-15 x 100-150 lb  
 Shoulder Press 10-15 x 100-150 lb  
 Bicep Curl 10-15 x 100-150 lb  
 Tricep Extension 10-15 x 100-150 lb

### DAY 3: CARDIO

30 min Jog  
 30 min HIIT  
 30 min Yoga

### DAY 4: BACK DAY

Deadlift 10-15 x 100-150 lb  
 Bent Over Row 10-15 x 100-150 lb  
 Lat Pulldown 10-15 x 100-150 lb  
 Tricep Extension 10-15 x 100-150 lb

### DAY 5: ARM DAY

Bicep Curl 10-15 x 100-150 lb  
 Tricep Extension 10-15 x 100-150 lb  
 Forearm Curl 10-15 x 100-150 lb  
 Wrist Curl 10-15 x 100-150 lb



## NUTRITION TIPS

01. Eat a variety of fruits and vegetables.
02. Drink plenty of water.
03. Get enough sleep.
04. Don't skip meals.
05. Limit alcohol consumption.

## DAY FOUR: CHEST & TRICEPS



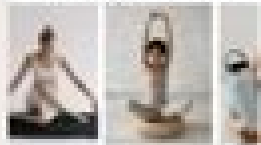
EXERCISE	SETS	REPS
Bench Press	4	10-15
Shoulder Press	4	10-15
Tricep Extension	4	10-15
Bicep Curl	4	10-15
Forearm Curl	4	10-15
Wrist Curl	4	10-15

## WARM UP EXERCISE

Lower body workout in which you squat down and lift up, using your legs to lift the weight. It's a compound exercise that works your legs, glutes, and core.



## 4 DAY WORKOUT PLAN



### DAY 1: LEG DAY

Front Squat 10-15 x 100-150 lb  
 Deadlift 10-15 x 100-150 lb  
 Lunging 10-15 x 100-150 lb  
 Heel Raise 10-15 x 100-150 lb

### DAY 2: UPPER BODY DAY

Bench Press 10-15 x 100-150 lb  
 Shoulder Press 10-15 x 100-150 lb  
 Bicep Curl 10-15 x 100-150 lb  
 Tricep Extension 10-15 x 100-150 lb

# Fitness Workout Ebook

**Adam Weiss**



## **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

**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

**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

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remember if you aren't cheating it doesn't hurt If it doesn't hurt You aren't trying      *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      **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 UNDERSTAND Saber vs conhecer Verb tenses Essential vocabulary Superlatives Nouns Adjectives Sentence structure and more Whether you are learning on your own or taking a beginning Portuguese class Practice Makes Perfect Basic Portuguese will help you build your confidence in your new language      **The Home Workout Handbook** Raza Imam, 2018-02-20 Attention Buy the paperback version of this book and get the Kindle ebook version for FREE Cancel your gym membership If You Want to Know How to Get Lean Ripped at Home in 30 Minutes Day Then Keep Reading Discover How to Burn Ugly Fat and Get Ripped Without All the Non Sense That Takes Place In Most Commercial Gyms I was disgusted I had just pulled into the parking lot of my local big box commercial gym The parking lot was jam packed The locker room was dank musty and damp The lockers were stained with sticky messes and coated with rust some even had old clothes and garbage The gym bro's were howling and high fiving each other in between sets Every other step I took was like traversing a minefield dodging the piles of misplaced weights scattered across the floor It literally made me turn around and leave Of course not all gyms are like this but this very image is what keeps millions of people away from gyms everyday If that's you then know this You CAN build a strong lean resilient body using bodyweight exercises in the comfort of your own home No complicated gym memberships No fancy equipment No expensive personal trainers Just your body and 2 simple items that you can get for a total of 30 Who Is This Book For This is for the average guy or gal that wants to lose fat and build muscle in the fastest way possible In this short book I reveal EVERYTHING you need to do to burn fat and build muscle I left out the fluff theory and science and show you the exact action steps you need to take to get the results

I got I know this is a short book but do you really need a 300 page book if you want to burn fat and build muscle or do you need a simple step by step guide showing what kind of workouts to do Well that s what I ve compiled in this book Here s exactly what you ll discover REAL pictures of my results I m a regular dude just like you NOT a fitness model The FASTEST way to get results 2 simple tweaks to TURBOCHARGE Your Results The mindset trick I used to stay on my goals Exactly what you ll need to get a KILLER home workout costs less than 30 The BEST exercises you need to do to get ripped at home The Perfect Workout Formula once you discover the secret you ll wish you did this sooner The 6 Amazingly Effective Home Workouts This book will help you supercharge your fat burning in the comfort of your own home I made it short and sweet so you can read it in less than 10 minutes so go ahead and grab a copy of this book now by clicking the Buy with 1 Click button now P S If you don t get results from this book email me directly and I will personally do my best to help you **Practice**

**Makes Perfect Linear Algebra (EBOOK)** Sandra Luna McCune,William D. Clark,2013-01-04 Expert instruction and plenty of practice to reinforce advanced math skills Presents concepts with application to natural sciences engineering economics computer science and other branches of mathematics Complementary to most linear algebra courses or as a refresher text More than 500 exercises and answers Hundreds of solved problems The Practice Makes Perfect series has sold more than 1 million copies worldwide Practice Makes Perfect German Problem Solver (EBOOK) Ed Swick,2013-02-08 Tackle head on

all the hurdles that you find hard about learning German Practice Makes Perfect German Problem Solver doesn t pretend that learning German is easy Instead of covering the entirety of the language it hones in on those areas where you might have difficulty areas such as der vs die vs das capitalization and punctuation subject verb agreement determiners and adverbs of degree and phrasal verbs Features A variety of extensive exercises for practice Practical and high frequency vocabulary Answer key provided for reference and quick feedback Don t sweat those troublesome grammar areas any more Practice Makes Perfect German Problem Solver is your perfect learning tool for ironing out your troubles Basic & Clinical

Biostatistics 4/E (EBOOK) Beth Dawson,Robert G. Trapp,2004-04-15 The ideal way to develop sound judgment about data applicable to clinical care First choice of students educators and practitioners A thorough meaningful and interesting presentation of biostatistics Helps students become informed users and consumers of biostatistics Learn to evaluate and apply statistics in medicine medical research and all health related fields Emphasis on the basics of biostatistics and epidemiology and the clinical applications in evidence based medicine and decision making methods NEW chapter on survey research Expanded discussion of logistic regression the Cox model and other multivariate statistical methods Key Concepts in each chapter pinpoint essential information Presenting Problems drawn from studies in the medical literature that illustrate the various statistical methods Downloadable NCSS statistical software procedures and data sets from the presenting problems End of chapter exercises Multiple choice final practice exam **McGraw-Hills EMT Flashcards**

**(EBOOK)** Peter A. DiPrima,Scott S. Coyne,2013-04-22 More than 300 high yield flashcards cover must know information for

the EMT certification exam McGraw Hill's EMT Flashcards offer a succinct comprehensive and easy to carry review of the essential concepts students need to remember for their certification exam Each two sided card features a question on one side with a detailed answer on the flip side Answers are presented in text lists tables and images

**Practice Makes Perfect English Grammar for ESL Learners 2E(EBOOK)** Ed Swick,2013-03-08 Build a solid foundation in English grammar As a beginning learner of English you might find that grammar concepts such as indefinite articles relative pronouns the passive voice or gerunds can be confusing To go forward with your English skills you need guidance through tricky grammar areas That's where Practice Makes Perfect English Grammar for ESL Learners comes in Practice Makes Perfect English Grammar for ESL Learners offers a complete overview of English grammar using concise easy to understand language It will help increase your confidence writing and communicating in English Thanks to the proven Practice Makes Perfect format you will polish your English grammar skills in no time at all Practice Makes Perfect English Grammar for ESL Learners helps you Understand the different rules and elements of grammar Build your grammar skills with more than 100 engaging exercises Broaden your knowledge with sentence rewrites and creative writing prompts New Test your overall comprehension with a review section

*Lift* Daniel Kunitz,2024-05-21 A fascinating cultural history of fitness from Greek antiquity to the era of the big box gym and beyond exploring the ways in which human exercise has changed over time and what we can learn from our ancestors We humans have been conditioning our bodies for more than 2 500 years yet it's only recently that treadmills and weight machines have become the gold standard of fitness For all this new technology are we really healthier stronger and more flexible than our ancestors Where Born to Run began with an aching foot *Lift* begins with a broken gym system one founded on high tech machinery and isolation techniques that aren't necessarily as productive as we think Looking to the past for context Daniel Kunitz crafts an insightful cultural history of the human drive for exercise concluding that we need to get back to basics to be truly healthy *Lift* takes us on an enlightening tour through time beginning with the ancient Greeks who made a cult of the human body the word gymnasium derives from the Greek word for naked and following Roman legions medieval knights Persian pahlavans and eighteenth century German gymnasts Kunitz discovers the seeds of the modern gym in nineteenth century Paris where weight lifting machines were first employed and takes us all the way up to the game changer the feminist movement of the 1960s which popularized aerobics and calisthenics classes This ignited the first true global fitness revolution and Kunitz explores how it brought us to where we are today Once a fast food inhaler and substance abuser Kunitz reveals his own decade long journey to becoming ultra fit using ancient principals of strengthening and conditioning With *Lift* he argues that as a culture we are finally returning to this natural ideal and that it's to our great benefit to do so

**Practice Makes Perfect Spanish Pronouns and Prepositions 2/E (ENHANCED EBOOK)** Dorothy Richmond,2010-07-22 Learn Spanish through practice practice practice For a decade this has been the go to workbook for study and mastery of the tricky pronouns and prepositions of the Spanish language Now entirely updated



this engaging workbook features contemporary examples as well as free online audio recordings of all the answers Practice Makes Perfect Spanish Pronouns and Prepositions provides extensive exercises giving you all the practice you need for mastery Author Dorothy Richmond also has a uniquely clear way of explaining to you when and why a particular pronoun or preposition should be used not just the correct forms Richmond also combines clarity of content with a touch of humor a healthy helping of celebrity references and an awareness that you will be more interested in language learning that they can relate to their own lives and interests New and updated example sentences and translation passages Free companion website that provides audio recordings of all the answers in McGraw Hill's unique Study Player format Clear explanations and highly entertaining More than 100 engaging exercises enhanced by free access online audio text answers that allows you to improve your accent and confidence in speaking An enhanced ebook is now available with an audio answer key Please select Kindle Edition with Audio Video from the available formats Topics include Subject Pronouns Interrogative Pronouns Pronouns as Objects of Prepositions Possessive Pronouns Demonstrative Pronouns Numbers as Pronouns Adjective Pronouns Relative Pronouns Direct Object Pronouns Indirect Object Pronouns Reflexive Object Pronouns RID Sentences with Two Object Pronouns Reciprocal Pronouns Se and the Passive Voice Prepositions and Related Terms

*Clean Eating Alice Spring Clean: Recipes and Workouts for a Healthier You* Alice Liveing, 2016-03-24 Instagram sensation Clean Eating Alice shares 8 new recipes and a HIIT workout in this new e book to help you get into shape for Spring Full of sound advice that will appeal to her legions of fans

*Power of foursquare (ENHANCED EBOOK)* Carmine Gallo, 2011-10-14 Connect with Your Customers Anytime Anywhere One million new users per month Twenty three check ins per second Millions of people in every city in every country on every continent and even from the Space Station are vying to become mayors of their favorite shopping locations What is foursquare and why has it become the hottest customer magnet ever conceived Foursquare is a social mobile networking app that empowers customers to check in at businesses and share their locations with friends through smartphones and PDAs A pioneer in location based services LBS foursquare invites your customers to experiment to compete to share and to have deeper more meaningful interactions with your products and services Internationally bestselling author Carmine Gallo not only has had unprecedented first hand access to foursquare's founders he also has interviewed dozens of business owners and marketers who have revolutionized their businesses through The Power of foursquare You ll discover the ice cream chain that heated up sales dramatically the nonprofit organization that raised 50 000 and the matchmaker who owes her entire business to foursquare You ll learn from fascinating case studies of major companies with active foursquare partnerships including The American Red Cross Jimmy Choo London Chili's Grill Bar Bravo NASA RadioShack Your customers are out there constantly searching for places to go games to play and things to buy Leverage The Power of foursquare and your customers will be in constant competition with each other over who loves your products and services the most Praise for The Power of foursquare The power to reach buyers at the exact time and the exact

place they're looking for what you offer has massive implications for all kinds of businesses worldwide Carmine Gallo expertly shows you how to tap into the foursquare revolution and he does it with a practical approach you can put to work in your business right now There's an epic swarm and it's time for you to check in DAVID MEERMAN SCOTT bestselling author of Real Time Marketing PR In real estate it's always been about location location location This book will show you why now it's important for everyone MATTHEW SHADBOLT Director of Interactive Product Marketing The Corcoran Group Gallo gets it By using case studies from around the world he captures the fun and the opportunity of using foursquare I greatly enjoy Gallo's stories of the amazing people and businesses that I know are doing it right NATHAN BONILLA WARFORD Tampa eye doctor founder Foursquare Day

**Schaums Outline of Precalculus 2/E (ENHANCED EBOOK)** Fred Safier, 2011-02-07

See how to solve precalculus problems with this enhanced ebook that features 30 videos of professors working through solutions Confusing textbooks Missed lectures Not enough time Fortunately for you there's Schaum's Outlines More than 40 million students have trusted Schaum's to help them succeed in the classroom and on exams Each Outline presents all the essential course information in an easy to follow topic by topic format And there are plenty of problems for you to practice on with more than 700 precalculus problems with fully worked solutions so you can check your work or get help when you need it Plus this new enhanced edition features video solutions of professors showing exactly how to solve problems If you want top grades and a thorough understanding of precalculus this powerful study tool is the best tutor you can have

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