Workout Guide Structure

Structure (Total words = 1000-2000)

Intro (300 – 500)

* Why you could go with this workout (efficiency, can get you out of a rut etc)
* What this work out tries to do (hit all your body parts enough over the week)
* Overview the workout, week structure, possible flexibility

Workout (1000 ish)

* Title
* Overview
* Benefits
* Picture
* How to perform the exercise step by step
* Tips

Conclusion (200)

* How long to follow for?
* Possible variations

OTHER ARTICLES YOU MIGHT ENJOY