



# WORKOUT OF THE MONTH - MAY

## FAT BURNING, HIGHER VOLUME, LIGHTER WEIGHT



### Movement Highlight

## Kettlebell Swing

The kettlebell swing serves as a low impact, high intensity exercise that delivers strength, cardiovascular, and athletic development benefits.

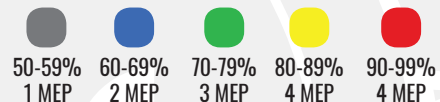
### Monthly Movement Challenge:

**Record # of kettlebell swings in 60 seconds**  
(or 2 minutes for a tougher challenge)

### Track your progress!

	Day 1	Day 30
Time		
Weight		
Reps		
Body Weight		
Body Fat		
Myzone Recovery HR		

Beginner weight suggestion: **M 20k (44lbs) F 12k (26.4lbs)**  
Advanced weight suggestion: **M 24k (52.8lbs) F 16k (35.2lbs)**



### PICK 2-3 RESISTANCE DAYS AND 1-3 METABOLIC DAYS PER WEEK

#### DAY 1 - RESISTANCE

	MEPs: 75-100		MEPs: 80-105		MEPs: 85-110		MEPs: 90-115		RPE Scale
	Week 1	Notes	Week 2	Notes	Week 3	Notes	Week 4	Notes	
<b>Superset 1</b>									
A1. Overhead Med Ball Slam	3 x 5		3 x 5		4 x 5		2 x 5		6-7
A2. Dead Bug	3 x 5/5		3 x 5/5		4 x 5/5		2 x 5/5		6-7
A3. Banded Leg Drop	3 x 5/5		3 x 5/5		4 x 5/5		2 x 5/5		6-7
<b>Superset 2</b>									
B1. Deadlift	3 x 6-8		4 x 6-8		2-3 x 6-8		4-5 x 6-8		7-8
B2. Upper Body Push	3 x 8-10		4 x 8-10		2-3 x 8-10		4-5 x 8-10		7-8
B3. 90/90 Breathing	:20/:20		:20/:20		:20/:20		:20/:20		7-8
<b>Superset 3</b>									
C1. Alternating Lunges	3 x 12-15/12-15		3 x 12-15/12-15		3 x 12-15/12-15		3 x 12-15/12-15		7-8
C2. Inverted Row	3 x 12-15		3 x 12-15		3 x 12-15		3 x 12-15		7-8
D1. Kettlebell Swings On the Minute Jump Rope	10 x 10 or :30/:30		10 x 12 or :30/:30		10 x 14 or :45/:30		10 x 10 Go up one kettlebell size or :45/:30		7-8

#### DAY 2 - METABOLIC

	MEPs: 100-150		MEPs: 100-150		MEPs: 100-150		MEPs: 100-150		RPE Scale
	Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	
A1. Neural Charge Training (circuit) -Vertical Jump 3x -Plyo Push 3x -Power Swing 3x -Flexed Arm Hang :15 sec	20:00		20:00		20:00		20:00		6-8
B1. Cardiac Output	20:00 - 30:00		20:00 - 30:00		20:00 - 30:00		20:00 - 30:00		6-8

VISIT [FFC.COM/MONTHLYWORKOUT](https://www.ffc.com/monthlyworkout) FOR MORE INFORMATION

## DAY 3 - RESISTANCE

		MEPs: 75-100		MEPs: 80-105		MEPs: 90-110		MEPs: 95-115		
		Week 1		Week 2		Week 3		Week 4		
Exercise Name		Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	RPE Scale
Superset 1	A1. Seated Jump	3 x 5		3 x 5		4 x 5		2 x 5		6-7
	A2. Hardstyle Plank	3 x :05		3 x :05		4 x :05		2 x :05		6-7
	A3. Hip Flexor Stretch w/Rotation	3 x 5/5		3 x 5/5		4 x 5/5		2 x 5/5		6-7
Superset 2	B1. Squat	3 x 6-8		4 x 6-8		2-3 x 6-8		4-5 x 6-8		7-8
	B2. Vertical Pull	3 x 8-10		4 x 8-10		2-3 x 8-10		4-5 x 8-10		7-8
	B3. 90/90 Breathing	:20/:20		:20/:20		:20/:20		:20/:20		7-8
Superset 3	C1. Single Leg Deadlift	3 x 12-15/12-15		3 x 12-15/12-15		3 x 12-15/12-15		3 x 12-15/12-15		7-8
	C2. Upper Body Push	3 x 12-15		3 x 12-15		3 x 12-15		3 x 12-15		7-8
	D1. Sled Push	6 x :15/:45		6 x :20/:45		6 x :20/:35		8 x :20/:45		7-8

## DAY 4 - METABOLIC

		MEPs: 60-90		MEPs: 65-95		MEPs: 70-100		MEPs: 75-105		
Exercise Name		Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	RPE Scale
A1. Kettlebell Swings on the Minute Jump Rope		15 x 10 or :30/:30		15 x 12 or :30/:30		15 x 14 or :40/:30		15 x 10 Go Up One Kettlebell Size or :40/:30		6-8
B1. Get Ups (Alternate Sides)		5/5		5/5		5/5		5/5		6-8

## DAY 5 - RESISTANCE

		MEPs: 75-100		MEPs: 80-105		MEPs: 85-110		MEPs: 90-115		
Exercise Name		Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	RPE Scale
Superset 1	A1. Deadlift	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	A2. Push Up (Regress as needed)	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	A3. Flexed Arm Hang/Dumbbell Pull-over	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
2:00 Rest										
Superset 2	B1. Goblet Squat	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	B2. Inverted Row	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	B3. Alternating Overhead Dumbbell/ Kettlebell Press	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
2:00 Rest										
Superset 3	C1. Kettlebell Swing	5 x 10		5 x 10		5 x 10		5 x 10		7-8
	C2. Core -Hardstyle Plank -Ab Wheel	5 x :08 or 3 - 5		5 x :08 or 3 - 5		5 x :08 or 3 - 5		5 x :08 or 3 - 5		7-8
	D1. Cardiac Output	15:00 - 20:00		15:00 - 20:00		15:00 - 20:00		15:00 - 20:00		6-8

## DAY 6 - METABOLIC

		MEPs: 90-135		MEPs: 100-145		MEPs: 110-155		MEPs: 120-165		
Exercise Name		Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	Notes	RPE Scale
A1. Open Exercise Metabolic		30-45 min		30-45 min		30-45 min		30-45 min		6-8

### Pilates Exercise of the Month:

**Leg Pull.** Start seated with hands on the floor behind the hips. Press hips up to a 'reverse' plank position. Keeping hips up, raise the right leg up and lower it back down. Raise the left leg up and lower it back down. Repeat 6x total. When finished, lower hips to the mat.

### Nutrition Tip of the Month:

Start your day with a high protein breakfast, free from processed carbohydrates and added sugars, to help start your metabolism, keep energy levels high, and control cravings throughout the day.

### Smoothie of the Month:

## Cracker Jax

This shake satisfies with milk, decadent salted caramel, nutty PB-lite & oats blended with 20g vanilla whey protein.

### Group Exercise Class of the Month:

**Chisel:** Reshape your body with this nonstop, fast-paced workout that focuses on compound exercises performed with lighter weights and higher repetitions.