

# WORKOUT OF THE MONTH - DECEMBER

## STRENGTH



Provided by Austin Head, Personal Trainer, FFC Union Station

### Movement Highlight TRX Atomic Push-Up



Start the movement in a “hands and toes” plank in the TRX. Place hands directly below your shoulders, with your spine in a neutral position. Perform push-up, then drive knees into chest, return back to the “hands and toes” plank position and repeat.

Track your progress	Day 1	Day 30
Body Weight		
Body Fat		
Myzone Recovery HR		

### TRX Atomic Push-Up Challenge

Do as many push-ups as you can in 60 sec!

	Day 1	Day 30
Reps		

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

#### DAY 1 - RESISTANCE

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				RPE Scale		
			Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4				
Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off			
Superset 1	Leg Press	Kettlebell Squats	Barbell Front Squats		3	8			3	8			3	8			3	8			5-8
	Step Ups	Weighted Step Ups	Double KB Front Rack Step Ups		3	8			3	8			3	8			3	8			5-8
	Elbow Plank	Bodysaw Planks	Physio Ball Bodysaw Plank		3			:90	3			:90	3			:90	3			:90	6-7
Superset 2	Chest Press Machine	Push-Ups	Dumbbell Bench Press		3	8			3	8			3	8			3	8			7-8
	Resisted Band Rows	Dumbbell Bent Over Rows	Dumbbell Alt Plank Rows		3	10			3	10			3	8			3	8			7-8
	Crunches	Sit-Ups	Decline Sit-Ups		3	20		:90	3	20		:90	3	20		:90	3	20		:90	7-8
Superset 3	Broad Jumps	Kettlebell Power Swings	Kettlebell Swings		4		:25		4		:25		4		:25		4		:25		6-8
	High Plank	Bear Plank Hold	TRX Knee Ins		4		:30	:60	4		:30	:60	3		:40	:60	3		:40	:60	7-8

#### DAY 2 - CARDIO

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				RPE Scale		
			Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4				
Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off			
Superset 1	Farmers Carry	Kettlebell Front Rack Carry	Kettlebell Overhead Carry		6		:40		4		:40		4		:40		4		:40		6-7
	TRX Reverse Lunges	Body Weight Reverse Lunges	Body Weight Lunge Explosions		4		:20		4		:30		4		:40		4		:50		8-9
	Med Ball Slam	Rotational Slam	Rotational Jump Slam		4		:30	:60	4		:30	:60	4		:40	:60	4		:40	:60	8-9
Spin Bike	Treadmill	Stair Climber				15 min				20 min				25 min				30 min		7-8	

#### Pilates Exercise of the Month:

**Lower/Lift**  
Lying on a mat, lift the head and shoulders. Place the hands behind head, stacked with wide elbows. Extend legs to 90 degrees. Lower the legs to 45 degrees. lift back up to 90 degrees. 4-8 stretches.

#### Nutrition Tip of the Month:

During the holidays, pay attention to your body's hunger and fullness cues by eating slowly and appreciating the different tastes and qualities of your food. Skip the guilt around eating and enjoy!

#### Smoothie of the Month:

### Gingerbread

Recover with almond milk, banana, vanilla whey, chai, oats, nutmeg powder and ginger powder.

#### Group Exercise Class of the Month:

**CRITICAL MASS.** This total body workout is designed to build muscular strength, increase bone density and maintain lean body mass with the emphasis on full range of motion exercises done with heavier weights and less repetition.

ASK A TRAINER FOR ASSISTANCE!

VISIT [FFC.COM/MONTHLY-WORKOUT](http://FFC.COM/MONTHLY-WORKOUT) FOR MORE INFORMATION

### DAY 3 - RESISTANCE

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				RPE Scale	
			Week 1				Week 2				Week 3				Week 4					
Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off		
Superset 1	Kettlebell Deadlift	Trapbar Deadlifts	Barbell Deadlifts	3	8			3	8			3	8			3	8			5-8
	TRX Assisted Chin Ups	Band Assisted Chin Ups	Chin Ups	3	4			3	6			3	8			3	10			5-7
	Deadbugs			3	8		:90	3	8		:90	3	8		:90	3	8		:90	7-8
Superset 2	Shoulder Press Machine	Barbell Shoulder Press	Kettlebell Shoulder Press	3	8			3	10			3	8			3	8			7-8
	Step Ups	Split Squats	Bulgarian Split Squats	3	8			3	8			3	8			4	8			7-8
	Dumbbell Woodchop	Band Woodchop	Cable Woodchop	3	10		:90	3	10		:90	3	10		:90	3	10		:90	7-8
Superset 3	Reverse Lunges	TRX Row	Cable Row	3	12			3	12			3	12			3	12			7-8
	Double Battle Rope Slams			3	8		:60	3	8		:60	3	8		:60	3	8		:60	7-8

### DAY 4 - CARDIO

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				RPE Scale	
			Week 1				Week 2				Week 3				Week 4					
Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off		
Superset 1	Reverse Lunges	Forward Lunges Med Ball Rotations	Alternating Side Ball Slams	4		40yds		4		40yds		4		40yds		4		40yds		
	Ball Slams	Side Ball Slams	Alternating Side Ball Slams	4	8			4	8			4	6			4	6			6-8
	High Plank to Squat	Burpees	Burpee Tuck Jumps	4	12			4	12			4	12			4	12			6-8
	Rower			4		250m		4		250m		5		250m		6		250m		6-8

### DAY 5 - RESISTANCE

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				RPE Scale	
			Week 1				Week 2				Week 3				Week 4					
Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off		
Superset 1	Goblet Squat	Loop Band Goblet Squat	Loop Band Goblet Squat on Bosu Ball	4	12			4	12			4	10			4	10			6-8
	Glute Bridges	Glute Bridge w/ Loop Band	Hip Thrusters w/ Loop Band	4	12			4	12			4	12			4	12			6-8
	Push-Ups (on Knees)	Push-Ups	TRX Atomic Push-Ups	4	12		:90	4	12		:90	4	12		:90	4	12		:90	6-8
Superset 2	Dumbbell Bicep Curls	Squat & Curl	Reverse Lunge and Curl	4	8			4	8			4	8			4	8			6-8
	Dumbbell Skull Crusher	DB Skull Crusher Alt Leg Lifts	DB Skull Crusher Alt Leg Lifts	4	10			4	10			4	10			4	10			6-8
	Bicycles			4	8		:90	4	8		:90	4	8		:90	4	8		:90	6-8
Superset 3	Band Face Pull	TRX Face Pull	Cable Face Pull	4	12			4	12			4	12			4	12			6-8
	Alt Dumbbell Shoulder Press	Squat & Alt Shoulder Press	Squat and Press	4	12		:60	4	12		:60	4	12		:60	4	12		:60	6-8

### DAY 6 - CARDIO

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				RPE Scale	
			Week 1				Week 2				Week 3				Week 4					
Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off		
	Critical Mass Group Exercise Class				45min				45min				45min				45min			8-9

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