



WORKOUT OF THE MONTH - AUGUST

FAT BURNING, HIGHER VOLUME, LIGHTER WEIGHT

Provided by Carly Capesius, Personal Trainer, FFC Oak Park

Movement Highlight
Battle Rope
Power Slams



Grab the ropes with a neutral grip, feet shoulder width apart. Lift arms above head while getting as tall as possible up onto your toes. Then quickly slam the ropes down while coming into a squat position.

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

Battle Rope Challenge
Do as many power slams 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 3		Week 4						
Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	
Superset 1	Seated Med Ball Chest Pass	Half Kneeling Med Ball Chest Pass	3	8			3	8			4	8			2	8			6-7
	Supine Bridges	Single Leg Bridges	3	10			3	10			4	10			2	5ea			6-7
	Butterfly Groin Stretch		3		:30		3		:30		3		:30		3		:30		6-7
Superset 2	Leg Press Machine	Goblet Squat	3	8+			4	8+			3	8+			4	8+			7-8
	Shoulder Press Machine	Seated Dumbbell Shoulder Press	3	10			4	10			3	10			4	10			7-8
	Standing Quadricep Stretch		3		:30		4		:30		3		:30		4		:30		7-8
Superset 3	TRX Assisted Split Squat	Split Squat	3	10+			3	10+			3	10+			3	10+			7-8
	Cable Wide Grip Lat Pulldowns	Banded Pull Ups	3	12+		:45	3	12+		:45	3	12+		:30	3	12+		:30	7-8
Superset 4	Rowing Machine Intervals 70-80% Max Effort		4		:30		5		:30		4		:35		5		:35		7-8
	Rowing Machine Intervals 50% Max Effort		4		:30		5		:30		4		:25		5		:25		5-6

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 3		Week 4						
Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	
Superset 1	Standing in Place, Reverse Lunges	Walking Alt Lunges	4		:30	:30	5		:30	:30	5		:30	:30	6		:30	:30	7-8
	Banded Lateral Walks	Jumping Jacks	4		:30	:30	5		:30	:30	4		:30	:30	6		:30	:30	8-9
	Alt Foot Taps on Step	Standing Alt Marches	4		:30	:30	5		:30	:30	5		:30	:30	6		:30	:30	8-9
	Stairmaster				15+min				15+min				20+min		3		20+min		7-8

Pilates Exercise of the Month:

Single leg circles
Lay on the mat and extend one leg to the ceiling. The other leg stays on the mat. Arms on Mat at sides. Take the leg slightly across the other leg and circle it down around and back to where it started. Repeat 5 x each direction. Repeat both legs.

Nutrition Tip of the Month:

Eat, don't drink, your fruit! Juicing may be all the rage, but most juices can be more harmful than good. Eating raw fruit provides tons of vitamins, minerals, and fiber, while many juices have tons of sugar and lack of fiber.

Smoothie of the Month:

PB&J
Recover with almond milk, strawberries, banana, peanut butter, oats, 10 g vanilla whey.

Group Exercise Class of the Month:

The EDGE featuring MYZONE. Take your workouts to the next level with MYZONE. This heart rate driven format will guide you through specific zones to achieve optimal results. Watch the MYZONE screen relay your efforts in real time.

ASK A TRAINER FOR ASSISTANCE!

VISIT 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	Half Kneeling Single Rope Slams	Standing Single Rope Slams	Standing Double Rope Slams	3	6			3	6			4	6			2	6			7-8
	Kneeling Alt Glute Extensions	Bird Dogs	Plank w/Alt Arm + Leg Reach	3	8			3	8			3	8			3	8			7-8
	Hamstring Stretch w/Strap			3		:30ea		3		:30ea		4		:30ea		2		:30ea		7-8
Superset 2	Hip Hinge w/Dowel	Kettlebell Deadlift	Barbell Deadlift	3	8+			4	8+			3	8+			4	8+			7-8
	Side Plank w/Bent Knees	Side Plank w/Extended Knees	Side Plank w/Leg Abduction	3		:30	:30	4		:30	:30	3		:30	:30	4		:30	:30	7-8
Superset 3	Standing Calf Stretch at Wall			3		:30	:30	4		:30	:30	3		:30	:30	4		:30	:30	7-8
	Hardstyle Plank	Plank to Push Up	Single Leg Plank to Push Up	3		:30		3		:30		3		:30		3		:30		7-8
	Seated Single Arm Cable Row	Half Kneeling Single Arm Row	Standing Single Arm Cable Row	3	10+			3	10+			3	10+			3	10+			7-8
	Squat Jumps	Burpees	Burpee w/Single Leg	5		:20	:40	5		:30	:30	6	:20	:40		3		:30	:30	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	Elevated Mountain Climbers	Mountain Climbers from Floor	TRX Mountain Climbers	4		:20	:40	4		:30	:30	5		:20	:40	5		:30	:30	6-8
	Push Ups from Inclined Bar	Push Ups	Plyometric Push Ups	4		:20	:40	4		:30	:30	5		:20	:40	5		:30	:30	6-8
	Squats	Squat Jumps	Weighted Squat Jumps	4		:20	:40	4		:30	:30	5		:20	:40	5		:30	:30	6-8
	Jogging on Treadmill				20+min				20+min				25+min				25+min			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	Kneeling Tricep Extension w/Cable Rope	Standing Tricep Extension w/Cable Rope	Single Arm Standing Tricep Extension w/Handle or Rope	3		:30		3		:30		3		:30		3		:30		6-8
	Seated Cable Rows	Half Kneeling Cable Rows	Standing Cable Rows	3		:30		3		:30		3		:30		3		:30		6-8
	Rest					1-2min				1-2min				1-2min				1-2min		6-8
Superset 2	Leg Press Machine	Goblet Squat	Barbell Front Squats	3		:30		3		:30		3		:30		3		:30		6-8
	Single Leg Bridge	Double Leg Hamstring Curl Machine	Single Leg Hamstring Curl Machine	3		:30		3		:30		3		:30		3		:30		6-8
	Rest					1-2min				1-2min				1-2min				1-2min		6-8
Superset 3	Straight Leg Raises	Bicycle Crunches w/Feet on Floor	Bicycle Crunches w/Feet off Floor	3		:30		3		:30		3		:30		3		:30		6-8
	Elevated Plank w/Alt Shoulder Taps	Plank w/Alt Shoulder Taps	Plank w/Alt Dumbbell Row	3		:30		3		:30		3		:30		3		:30		6-8
Superset 4	Elliptical Forward			5		2:30		6		2:30		6		2:30		7		2:30		7-8
	Elliptical Backward			5		2:30		6		2:30		6		2:30		7		2:30		7-8

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		
	The EDGE Group Exercise Class				45min				45min				45min				45min			8-9

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