



WORKOUT OF THE MONTH - JULY

FAT BURNING, HIGHER VOLUME, LIGHTER WEIGHT

Movement Highlight

TRX Inverted Row



Grab overhead TRX straps, walk your feet forward until your heels are on the ground (move as far forward as you can), arms extended. Flex your elbows, pulling your chest to your hands while retracting your shoulder blades. Pause and return to starting position.

Exercise Key

Modality	Basic Movements	Advanced Options
Power Movement	Med Ball Slam, Rotational Med Ball Toss, Squat Jump, Split Squat Jump, Plyo Push Up	Box Jump, Skater Jump, Power Swing, Hang Clean
Core Engagement	Plank, Dead Bug, Side Plank Raise, Superman	Bell Tap Plank, Weighted Dead Bug, Core Engaged Leg Drop, V-Sit Bicycles
Upper Body Push	Push Up, Machine Chest Press, Dumbbell Chest Press, Barbell Chest Press, 1/2 Kneeling Landmine Press	One Arm Push Up, Single Arm Dumbbell Chest Press, Dumbbell or Kettlebell Overhead Press
Upper Body Pull	Machine Row, Inverted TRX Row, Dumbbell Bent Over Row, Band Assisted Pullup, Cable Row or Pulldown	Barbell Bent Over Row, Pullup, Alternating Chest Supported Dumbbell Row
Lower Body Push	Squat, Goblet Squat, Barbell Front Squat, Split Squat	Lunges, Kettlebell Front Squat, Zercher Squat, Barbell Back Squat
Lower Body Pull	Hip Bridge, Kettlebell Deadlift, Single Leg Deadlift (Pause at the starting point, mid-point and finish point for 2 sec. each)	Hex Bar Deadlift, Barbell Deadlift, Barbell Good Mornings
Mobility	90/90 Shin Box, Banded Leg Drops, Hip Flexor Stretch, Quadruped Rib Pulls, Cat/Camel, Shoulder CARs, Hip CARs	

TRX Challenge

Do as many rows as you can in 60 sec!

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

	Day 1	Day 30
Reps		

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

DAY 1 - RESISTANCE

Exercise Name	MEPs: 75-100					MEPs: 80-105					MEPs: 85-110					MEPs: 90-115					RPE Scale
	Week 1					Week 2					Week 3					Week 4					
	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	
Superset 1 Power Movement	3	8				3	8				4	8				2	8				6-7
Core Engagement	3	5ea				3	5ea				4	5ea				2	5ea				6-7
Mobility Work	3	5ea				3	5ea				4	5ea				2	5ea				6-7
Superset 2 Lower Body Pull with Pause	3	3+				4	3+				2+	3+				4+	3+				7-8
Alternating Upper Body Push	3	8+				4	8+				2+	8+				4+	8+				7-8
Mobility Work	3	8ea				4	8ea				2+	8ea				4+	8ea				7-8
Superset 3 Lower Body Push Assistance	3	12+				3	12+				3	12+				3	12+				7-8
Upper Body Push Assistance	3	12+		:45		3	12+		:45		3	12+		:30		3	12+		:30		7-8
Kettlebell Ballistic Mvmt or Jump Rope	5		:30	:30				:30	:30				:30	:30				:30	:30		7-8

DAY 2 - CARDIO

Exercise Name	MEPs: 75-100					MEPs: 80-105					MEPs: 85-110					MEPs: 90-115					RPE Scale
	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	
Superset 1 High Knees, Butt Kicks, Cross Body Kick, High Knee Skip, Side Shuffle, Carioca (Both Ways) 15yds each	1					1					1					1					6-8
Superset 2 Sprints 5% Incline	6		:10	:30		5		:10	:30		4		:15	:30		6		:15	:30		8-9
Sprints 3% Incline	6		:15	:45		5		:15	:45		4		:20	:45		6		:20	:45		8-9
Superset 3 Swiss Ball Leg Curls	3	8		:15		3	8		:15		3	8		:15		3	8		:15		7-8
Squat to Press	3	12		:15		3	12		:15		4	12		:15		5	12		:15		6-8
Bent Over Row	3	12		:15		3	12		:15		4	12		:15		5	12		:15		6-8
Kettlebell Swing or Hip Bridge	3	12		:15		3	12		:15		4	12		:15		5	12		:15		6-8
Push Up	3	12		:90		3	12		:90		4	12		:90		5	12		:90		6-8

VISIT FFC.COM/MONTHLYWORKOUT FOR MORE INFORMATION

DAY 3 - RESISTANCE

		MEPs: 75-100					MEPs: 80-105					MEPs: 85-110					MEPs: 90-115						
		Week 1					Week 2					Week 3					Week 4						
Exercise Name		Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	RPE Scale	
Superset 1	Power Movement	3	8				3	8				4	8				2	8				6-7	
	Core Engagement	3	5ea				3	5ea				4	5ea				2	5ea				6-7	
	Mobility Work	3	5ea				3	5ea				4	5ea				2	5ea				6-7	
Superset 2	Lower Body Pull with Pause	3	3+				4	3+				2+	3+				4+	3+				7-8	
	Alternating Upper Body Push	3	8+				4	8+				2+	8+				4+	8+				7-8	
Superset 3	Mobility Work	3	8ea				4	8ea				2+	8ea				4+	8ea				7-8	
	Lower Body Push Assistance	3	12+				3	12+				3	12+				3	12+				7-8	
	Upper Body Push Assistance	3	12+		:45		3	12+		:45		3	12+		:30		3	12+		:30		7-8	
	Uneven Carries	6		:30	:30		8		:30	:30		10		:30	:30		12		:30	:30		7-8	

DAY 4 - CARDIO

		MEPs: 75-100					MEPs: 80-105					MEPs: 85-110					MEPs: 90-115						
		Week 1					Week 2					Week 3					Week 4						
Exercise Name		Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	RPE Scale	
	Kettlebell Ballistic Mvmt or Jump Rope			:15	:45				:20	:40				:25	:35				:30	:30		6-8	
	Get Ups w/Overhead Carry (alt. sides) :15 Carry Each Rep.	5	1ea		:30		6	1ea		:30		4	1ea		:30		6	1ea		:30		8-9	

DAY 5 - RESISTANCE

		MEPs: 75-100					MEPs: 80-105					MEPs: 85-110					MEPs: 90-115						
		Week 1					Week 2					Week 3					Week 4						
Exercise Name		Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	RPE Scale	
Superset 1	KB Swings or Deadlift	3		:30	:30		3		:30	:30		3		:30	:30		3		:30	:30		6-8	
	Static Push Up	3		:30	:30		3		:30	:30		3		:30	:30		3		:30	:30		6-8	
	Static Batwing	3		:30	:30		3		:30	:30		3		:30	:30		3		:30	:30		6-8	
	Rest				2:00					2:00					2:00					2:00			
Superset 2	Lunge	3		:30	:30		3		:30	:30		3		:30	:30		3		:30	:30		6-8	
	Alternating Row	3		:30	:30		3		:30	:30		3		:30	:30		3		:30	:30		6-8	
	Alternating Overhead Dumbbell/ Kettlebell Press	3		:30	:30		3		:30	:30		3		:30	:30		3		:30	:30		6-8	
	Rest				2:00					2:00					2:00					2:00			
	Cardio (Your Choice)			20-30 min					20-30 min					20-30 min					20-30 min			7-8	

DAY 6 - CARDIO

		MEPs: 75-100					MEPs: 80-105					MEPs: 85-110					MEPs: 90-115						
		Week 1					Week 2					Week 3					Week 4						
Exercise Name		Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	Sets	Reps	On	Off	Notes	RPE Scale	
	Loaded Group Exercise Class																					6-8	

Pilates Exercise of the Month:
Rolling Like a Ball. Bend the knees to the chest. Hands take hold of the ankles. Lean back a bit and find balance. Curve the back and roll back to the shoulder blades. Rock back up to starting position. 5-8 repetitions.

Nutrition Tip of the Month:
Eat foods that are high in volume (nutrient dense) but not calories. This will keep you full and lean, and will also help decrease inflammation from exercise. Non-starchy vegetables such as spinach, cauliflower, and red peppers are great high volume foods.

Smoothie of the Month:
Patriotic Protein
Recover with Almond milk, crushed fruit strawberry puree, blueberries, oats and 20 g vanilla whey.

Group Exercise Class of the Month:
Loaded. This pyramid style total body format works in 30 sec. intervals adding in an exercise every round, increasing your work time as you go. Once completed, you begin to eliminate one every round decreasing your workload.