

WORKOUT OF THE MONTH - JUNE

FAT BURNING, HIGHER VOLUME, LIGHTER WEIGHT



Movement Highlight

Goblet Squat

Stand holding a light kettlebell by the horns close to your chest. Squat down between your legs until your hamstrings are on your calves. Keep your chest and head up and your back straight. At the bottom position, pause and use your elbows to push your knees out. Return to the starting position.

Monthly Movement Challenge:

Record # of goblet squats in 60 seconds
(Weight suggestion: Try 25% of your body weight)

Track your progress!

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

PICK 2-3 RESISTANCE DAYS AND 1-3 CARDIO 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	
Superset 1									
A1. Rotational Med Ball Toss	3 x 3/3		3 x 3/3		4 x 3/3		2 x 3/3		6-7
A2. Bell Tap Plank	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
Superset 2									
B1. Deadlift Clusters (-15 rest between sets)	3 x 3, 2, 1		4 x 3, 2, 1		2-3 x 3, 2, 1		4-5 x 3, 2, 1		7-8
B2. Upper Body Push (your choice)	3 x 16-20		4 x 16-20		2-3 x 16-20		4-5 x 16-20		7-8
B3. 90/90 Breathing	:20/:20		:20/:20		:20/:20		:20/:20		7-8
Superset 3									
C1. Alternating Step Ups	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 Pull (your choice)	3 x :15-:30		3 x :15-:30		3 x :15-:30		3 x :15-:30		7-8
D1. Hand to Hand Kettlebell Swings on the Minute or Jump Rope	10 x 14 or :30/:30		10 x 18 or :30/:30		10 x 24 or :45/:30		10 x 14 Add weight or 1:00/:30		7-8

DAY 2 - CARDIO

	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. High Knees, Butt Kicks, Cross Body Kick, High Knee Skip, Side Shuffle, Carioca (Both Ways)	15 yards each		15 yards each		15 yards each		15 yards each		6-8
B1. Sprints (Set speed to match an 8 or 9 RPE. This should be pretty uncomfortable toward the end.)	5% Incline :10 on :30 off x 3 3% Incline :15 on :45 off x 3		5% Incline :10 on :30 off x 5 3% Incline :15 on :45 off x 5		5% Incline :10 on :30 off x 4 3% Incline :15 on :45 off x 4		5% Incline :10 on :30 off x 6 3% Incline :15 on :45 off x 6		8-9
C1. Swiss Ball Leg Curls (-20 Rest)	3 x 8		3 x 8		3 x 8		3 x 8		6-8
D1. Strength Circuit - Sumo Squat to Upright Row 12 - Bent Over Row 12 - Split Squat or Split Squat Jump 12/12	3 Rounds :15 rest between exercises/ :90 rest between rounds		3 Rounds :15 rest between exercises/ :90 rest between rounds		4 Rounds :15 rest between exercises/ :90 rest between rounds		5 Rounds :15 rest between exercises/ :90 rest between rounds		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. Squat Jump	3 x 5		3 x 5		4 x 5		2 x 5		6-7
	A2. Core Engaged Leg Drop	3 x :05		3 x :05		4 x :05		2 x :05		6-7
	A3. Prying Goblet Squat	3 x 5/5		3 x 5/5		4 x 5/5		2 x 5/5		6-7
Superset 2	B1. 3 Count Paused Squat	3 x 6-8		4 x 6-8		2-3 x 6-8		4-5 x 6-8		7-8
	B2. Pull Up or High Row (your choice)	3 x 8-10		4 x 8-10		2-3 x 8-10		4-5 x 8-10		7-8
	B3. Hip Flexor Stretch	:20/:20		:20/:20		:20/:20		:20/:20		
Superset 3	C1. Single Leg Static Deadlift	3 x :20-:30/ :20-:30		3 x :20-:30/ :20-:30		3 x :20-:30/ :20-:30		3 x :20-:30/ :20-:30		7-8
	C2. Upper Body Push (your choice)	3 x 12-15		3 x 12-15		3 x 12-15		3 x 12-15		7-8
	D1. Farmer Carries	6 x :30/:30		8 x :30/:30		10 x :30/:30		12 x :30/:30		7-9

DAY 4 - CARDIO

		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 Hand to Hand Swings on the Minute or Jump Rope		10 x 12 or :30/:30		10 x 14 or :30/:30		10 x 16 or :40/:30		10 x 20 or :40/:30		6-8
A1. Get Ups w/ Press On Top (Alternate Sides)		10 x 1/1		10 x 1/1		10 x 1/1		10 x 1/1		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. Swings	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	A2. Static Push Up	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	A3. Static Batwing	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
2:00 Rest										
Superset 2	B1. Lunge	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	B2. Alternating 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 14		5 x 14		5 x 14		5 x 14		7-8
	C2. Get Ups	5 x 1/1		5 x 1/1		5 x 1/1		5 x 1/1		7-8
	D1. Cardio	15:00 - 20:00		15:00 - 20:00		15:00 - 20:00		15:00 - 20:00		6-8

DAY 6 - CARDIO

		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. Formula 94 or Your Choice of Cardio		30-45 min		30-45 min		30-45 min		30-45 min		6-8

Pilates Exercise of the Month:

The Hundred. This is a breathing exercise aimed at increasing core strength and stamina! Lay down on back. Lift head and shoulders. Bring legs to 45 degree angle. Pump the arms up and down vigorously. Inhale for 5 pumps. Exhale for 5 pumps. 10 breaths in and out makes 100 pumps.

Nutrition Tip of the Month:

While you don't actually burn less calories later in the day, the choices you make late at night are usually high in fat and sugar (think chips, dessert, or alcohol). Be more mindful after dinner to avoid derailing your entire day. Focus on protein such as eggs, a handful of nuts, or plain Greek yogurt with berries.

Smoothie of the Month:

Tropical Turmeric Twist

Recover with coconut water, non-fat Greek yogurt, turmeric, banana, pineapple, strawberry, spinach and lemon juice.

Group Exercise Class of the Month:

Formula 94: This calorie-torching format is performed barefoot in a 94 degree studio with 40% humidity. The use of light to moderate hand weights will help you incinerate body fat.