



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.

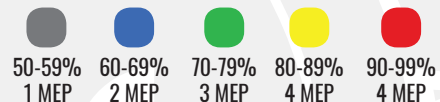
Monthly Movement Challenge:

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	
Superset 1									
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
Superset 2									
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
Superset 3									
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.fitnessformulaclubs.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.

MOVEMENT & EXERCISE DESCRIPTIONS

90/90 BREATHING :

Seated on the floor, rotate toward your right leg. Bring your right leg in front of you, flat to the floor in external rotation and to a 90 degree angle at the knee. Bring the left leg behind you flat to the floor through internal rotation and to a 90 degree angle at the knee. Get "tall" with a straight spine and lean your torso to your front knee only as far as you can keeping the spine straight. Find your maximum depth and hold that position for the prescribed time while performing deep breaths.

AB WHEEL :

Kneel on a towel or pad and grasp the ab wheel handles. Flex your glutes and abs. Keeping your back straight, lean forward and roll the wheel forward until your arms are overhead and your torso is nearly parallel to the floor. Roll the wheel back toward your knees to return to the starting position.

ALTERNATING LUNGES :

Step forward with one foot and squat down at the same time until you reach approximately 90 degrees at both knees. Push your body back up to the starting position and switch legs.

BANDED LEG DROP :

Start in the seated position on the floor with a superband around one foot and pulled tight with both hands. Lay back to the supine position bringing the leg with you but only raise them as high as you can keeping both legs straight. Low back pressed to the floor, hips, shoulders, and head in contact with the floor, lower the leg out of the band down to the floor while exhaling and raise back to the starting position while inhaling.

CARDIAC OUTPUT :

Low intensity exercises that can be completed for the prescribed time. The goal is to keep the heart rate between 120 and 150 for the duration. (Bike, jog, rower, etc.)

DEADBUG :

Inverted crawl position, low back flat to the floor. Extend your right arm and left leg simultaneously only as far as you can while keeping the low back pressed to the floor. Bring back to the starting position then repeat with the left arm and right leg.

DEADLIFT :

The deadlift is a weight training exercise in which a loaded barbell or bar is lifted off the ground to the level of the hips, then lowered to the ground. It is one of the three powerlifting exercises, along with the squat and bench press. You can perform any variation of the deadlift you are comfortable with and can perform at the prescribed RPE.

DUMBBELL PULLOVER :

Lying on a bench with the head of a dumbbell rested on the palms of both hands, arms extended directly over your chest. Keep arms in extension as you sweep the dumbbell over head only as far as you can keeping the low back pressed lightly to the bench and your shoulders centered.

FLEXED ARM HANG :

Pull yourself to the chin up position on the bar and hold for the prescribed time.

GET UPS :

Please note: this is an advanced move. If you have never performed a Get Up before, find a trainer on the fitness floor to assist you.

Place the kettlebell next to the shoulder on the side you're working. Roll to your side and cradle the kettlebell with both hands. The working hand grips the kettlebell, and the opposite hand covers it. Roll onto your back and place the kettlebell on your stomach. Move the bell so the arm is perpendicular to the floor, either using one hand or both. Lock out the elbow, and pull the loaded shoulder into its socket. Bend the knee on the side of the body that's holding the kettlebell. Place the opposite arm on the floor approximately 45 degrees from the body. Take a deep breath and hold it. Drive from the foot on the working side, roll up onto your elbow, and exhale. Once you're stable at the elbow, roll up onto your hand. Squeeze your glutes and lift your hips off the ground high enough to be able to move your outstretched leg under your body. You'll support yourself on one arm, the heel of the straight leg, and the surface of your flat foot, like a tripod. Keep your arm extended totally vertically. Take your straight leg and pull or sweep it under your body, placing it next to and behind the hand on the floor. You'll end up in a position that makes your legs appear to be 90 degrees from each other. One knee will be pointing straight ahead, and the other should point directly at the hand on the floor. Keep your neck rotated upward, looking up at the kettlebell in your hand. Take your support hand off the floor and move your body upright, keeping the kettlebell overhead. At this point, shift your gaze so you are looking straight ahead. "Windshield wiper" the leg that's on the ground so that both legs are now parallel to each other, in a lunge position. Drive from your back foot, through your hips, and into your front foot, standing up from the lunge. To get down, step back into the lunge so that your knee is on the floor. "Windshield wiper" the back leg to perpendicular from the front leg. Fold into your hips and place your hand just in front of the knee on the floor. Stick your leg straight out in front of you and put your butt on the floor. Roll down to your elbow, and then down onto your shoulders and back. Lower the kettlebell with two hands to your stomach, then roll to your side and place the weight on the floor.

DESCRIPTIONS CONTINUED

GOBLET SQUAT :

Stand holding a light kettlebell by the horns close to your chest. This will be your starting position. 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.

HARDSTYLE PLANK :

Plank on the forearms while locking your legs out, slightly tucking your belt buckle to the your chin, bracing your abs, squeezing your butt, and driving your elbows toward your hips. Relax from the neck up.

HIP FLEXOR STRETCH W/ROTATION :

Kneel on the floor with one knee bent and one leg behind you. Position your forward knee over your foot. Keep your other knee touching the floor. Rotate toward your raised knee. Switch sides and repeat.

INVERTED ROW :

Position a bar in a rack to about waist height. You can also use a smith machine. Take a wider than shoulder-width grip on the bar, and walk your feet forward until your body is positioned under the bar, your heels are flat on the floor and your arms fully extended. Pull your chest towards the bar, and then return to the starting position.

KETTLEBELL PRESS :

While standing, the kettlebell is held in the rack position and pushed overhead with one arm, keeping the body rigid.

KETTLEBELL SWINGS :

Gripping the kettlebell with both hands, swing it from just below the groin to somewhere between the upper abdomen and shoulders, with arms straight or slightly bent, bending and straightening with the trajectory of the kettlebell.

OPEN EXERCISE METABOLIC :

Low intensity exercises that can be completed for the prescribed time. The goal is to keep the heart rate between 120 and 150 for the duration. (Bike, jog, rower, etc.)

OVERHEAD MED BALL SLAM :

Lift the Medball overhead and slam it to the floor as hard as you can. Explosiveness is the key so use a weight light enough to allow for quick movement.

PLYO PUSH UP :

This is a variation of a push up in which the movement is performed quickly and explosively. The goal is to generate enough force while pressing to lift off of the ground. Make sure to land as "soft" as possible and resist the momentum slowly back to the starting position.

POWER SWING :

Only perform if the lifter has command of the kettlebell swing. This variation calls for a heavier weight than normal and brings the lifter back to the starting position of the swing in between each rep.

PUSHUP :

An exercise in which you lie facing the floor and, keeping their back straight, raise your by pressing down on their hands. You can also perform a modified push up here, by kneeling versus lying flat on the floor. The Smith machine is great for this because you can measure progress.

SEATED JUMP :

Start seated on a bench/box with the torso at a 45 degree angle at the hips and the arms extended back (think the bottom of a jump). From that position jump as high as you can coming down into a soft landing. Reset and repeat. You may do these loaded with dumbbells if more intensity is needed as long as you can perform the reps at the prescribed RPE. Quick and explosive is the goal.

SINGLE LEG DEADLIFT :

An upper body exercise that typically involves the muscles in your back and your biceps, in which you are moving a weight down vertically in relation to your torso. Common example include lat pull downs and pull-ups or chin-ups. You can perform any kind of vertical pull (machine or body weight) that you are comfortable with and can perform at the prescribed RPE.

DESCRIPTIONS CONTINUED

SLED PUSH :

Load your pushing sled with the desired weight (or use a pushing treadmill). Take an athletic posture, leaning into the sled with your arms fully extended, grasping the handles. Push the sled as fast as possible, focusing on extending your hips and knees to strengthen your posterior chain.

SUPERSET :

Two or more different exercises or “sets” usually performed immediately after each other, similar to a circuit workout. The “Superset” is typically repeated multiple times.

SQUAT :

From a standing position, move the hips back as you bend your knees and hips to lower your torso closer to the ground, then return to a standing position. You can perform any kind of squat that you are comfortable with and can perform to the prescribed RPE.

UPPER BODY PUSH :

Upper-body push exercises typically use the muscles of the chest, shoulders and triceps (backs of the arms). Some examples include the bench press, shoulder press and pushups. Pick an upper body pushing exercise you feel comfortable with, and can complete confidently within the prescribed RPE.

VERTICAL JUMP :

Jump as high as you can coming down into a soft landing. Reset and repeat.

VERTICAL PULL :

An upper body exercise that typically involves the muscles in your back and your biceps, in which you are moving a weight down vertically in relation to your torso. Common examples include lat pull downs and pull-ups or chin-ups. You can perform any kind of vertical pull (machine or body weight) that you are comfortable with and can perform at the prescribed RPE.