

# WORKOUT OF THE MONTH - FEBRUARY

## STRENGTH



Provided by Itzel Michel, Elite Trainer, FFC Oak Park

### Movement Highlight Leopard Crawl

Get on all fours with knees slightly off the ground. As you step, or “crawl” forward, keep your head up. Your knees should track underneath your body and inside of your elbows.



**Leopard Crawl Challenge**  
Keeping this form, see how far you can go, over the course of the month, without getting fatigued.

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

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				
			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	RPE Scale
Superset 1	Ball Slams	Ball Slams	3	10			3	10			4	10			4	10			6-7
	Cross Body Kick	Bird Dog	3	6-8			3	6-8			4	6-8			4	6-8			6-7
	Kneeling Side Plank	Side Plank	3		:30	:30	3		:30	:30	3		:30	:30	3		:30	:30	6-7
Superset 2	Hip Thrusts	Kettlebell Dead Lift	4	6-8			4	6-8			4	6-8			4	6-8			8-9
	Chest Press	Push-Ups	4	10			4	10			4	10			4	10			8-9
	Laying March	Reverse Crunch	4		:30	:60	4		:40	:60	4		:50	:60	4		:60	:60	8-9
Superset 3	Squat w/Press Out	Goblet Squat	3	12			3	12			3	12			3	12			7-8
	Machine Rows	TRX Rows	3	12		:30	3	12		:30	3	12		:30	3	12		:30	7-8

#### DAY 2 - CARDIO

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				
			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	RPE Scale
Superset 1	Plank Walkouts	Leopard Crawls	5	:60			5	:60			5	:60			5	:60			9
	Kettlebell Carries	Uneven Carries	5	:90			5	:90			5	:90			5	:90			9
	Wall Balls		5	20		:30	5	20		:30	5	20		:30	5	20		:30	8-9
Superset 2	Battle Rope Little Slams	Battle Rope Alt Swings	8		:20	:40	8		:20	:40	8		:20	:40	8		:20	:40	

#### Pilates Exercise of the Month:

**Spine Stretch Forward**  
Sit up straight with legs extended shoulder width. Arms extended shoulder height and width. Exhale - Lower the head between the arms and curl the upper body forward. Inhale - Roll back up tall.

#### Nutrition Tip of the Month:

Carbohydrates are the primary source of immediate energy for all of your body's cells. Active individuals should be mindful of daily carbohydrate intake to ensure they get the most out of their workout. Start by adding a complex carbohydrate the size of your cupped hand to each meal.

#### Smoothie of the Month:

### Chocolate Covered Strawberry

Recover with crushed strawberry puree, ghirardelli chocolate, strawberries and chocolate whey.

#### Group Exercise Class of the Month:

**Yoga For Athletes.** This yoga class is for anyone who experiences tightness due to sport. Learn easy exercises to open up your hips, hamstrings, lower back and shoulders and restore your body's natural alignment.

ASK A TRAINER FOR ASSISTANCE!

VISIT [FFC.COM/MONTHLY-WORKOUT](https://www.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	Side Ball Toss	Side Ball Toss	Kneeling Side Ball Toss	3	10			3	10			3	10			3	10			6-7
	Plank	Quadra Plank	Shoulder Tap Plank	3		:60		3		:60		3		:60		3		:60		6-7
	Body Squats			3	5		:30	3	5		:30	3	5		:30	3	5		:30	6-7
Superset 2	Goblet Squats	Double Kettlebell Squats	Barbell Squats	4	6-8			4	6-8			4	6-8			4	6-8			8-9
	Lat Pull Down	Banded Pull-Ups	Pull-Ups	4	10			4	10			4	10			4	10			8-9
	Tricep Extension	Rope Extension	Dips	4	10		:60	4	10		:60	4	10		:60	4	10		:60	8-9
Superset 3	Single Leg Romanian Dead Lift	Dumbbell Single Leg Romanian Dead Lift	Barbell Single Leg Romanian Dead Lift	3	12			3	12			3	12			3	12			8
	Incline Chest Press	Incline Barbell Bench Press	Incline Dumbbell Press	3	12		:30	3	12		:30	3	12		:30	3	12		:30	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	Baby Crawls	Leopard Crawls	Weighted Leopard Crawls	5		:60		5		:60		5		:60		5		:60		8
	Step Ups	Box Jumps	Split Squat Jumps	5		:60		5		:60		5		:60		5		:60		8
	Ball Slams			5		:45	:60	5		:45	:60	5		:45	:60	5		:45	:60	8
	Glute Bridge			10		:20	:40	10		:20	:40	10		:20	:40	10		:20	:40	9

### 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	Reverse Lunges	Walking Lunges	Dumbbell Lunges	3	20			3	20			3	20			3	20			7-8
	Cable Row	Inverted TRX Rows	Weighted Inverted Rows	3	10			3	10			3	10			3	10			7-8
	Medicine Ball Wood Chops	Pallof Press	Kneeling Pallof Press	3	10	:60		3	10	:60		3	10	:60		3	10	:60		7-8
Superset 2	Dumbbell Romanian Dead Lift	Barbell Romanian Dead Lift	Barbell Romanian Dead Lift	3	10			3	10			3	10			3	10			7-8
	Elevated Push-Ups	Push-Ups	Weighted Push-Ups	3	10			3	10			3	10			3	10			7-8
	Lateral Band Walks	Loaded Lateral Band Walks	Loaded Lateral Band Walks	3	12		:30	3	12		:30	3	12		:30	3	12		:30	7-8
Superset 3	Rope Extensions			3	12			3	12			3	12			3	12			7-8
	Rope Curls			3	12		:60	3	12		:60	3	12		:60	3	12		:60	7-8

### DAY 6 - CARDIO

			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		
	Yoga for Athletes Group Exercise Class				45min				45min				45min				45min			8-9

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