

# 30 DAY WORKOUT : I



## Movement Highlight

### Kettlebell Swing

The kettlebell swing serves as a low impact, high intensity exercise that delivers strength, cardiovascular, and athletic development benefits.

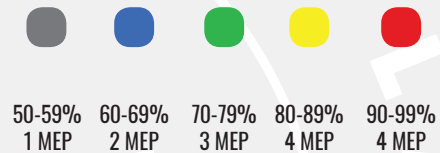
### Monthly Movement Challenge:

**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	
	Week 1	Week 2	Week 3	Week 4	
Exercise Name	Sets/Reps	Notes	Sets/Reps	Notes	RPE Scale
<b>Superset 1</b> A1. Overhead Med Ball Slam	3 x 5		3 x 5		6-7
A2. Dead Bug	3 x 5/5		3 x 5/5		6-7
A3. Banded Leg Drop	3 x 5/5		3 x 5/5		6-7
<b>Superset 2</b> B1. Deadlift	3 x 6-8		4 x 6-8		7-8
B2. Upper Body Push	3 x 8-10		4 x 8-10		7-8
B3. 90/90 Breathing	:20/:20		:20/:20		7-8
<b>Superset 3</b> C1. Alternating Lunges	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		7-8
D1. Kettlebell Swings On the Minute Jump Rope	10 x 10 or :30/:30		10 x 12 or :30/:30		7-8

### DAY 2 - METABOLIC

	MEPs: 100-150	MEPs: 100-150	MEPs: 100-150	MEPs: 100-150	
Exercise Name	Sets/Reps	Notes	Sets/Reps	Notes	RPE Scale
A1. Neural Charge Training (circuit) -Vertical Jump 3x -Plyo Push 3x -Power Swing 3x -Flexed Arm Hang :15 sec	20:00		20:00		6-8
B1. Cardiac Output	20:00 - 30:00		20:00 - 30:00		6-8

VISIT [FFC.COM/30-DAY-WORKOUTS](https://www.fitnessformula.com/30-day-workouts) 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