



WORKOUT OF THE MONTH : X

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					
			Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	RPE Scale	
Beginner			Intermediate				Advanced													
Superset 1	Ball Slams	Ball Slams	Rotational Ball Slams	3	10			3	10			4	10			4	10			6-7
	Cross Body Kick	Bird Dog	Weighted Dead Bug	3	6-8			3	6-8			4	6-8			4	6-8			6-7
	Kneeling Side Plank	Side Plank	Weighted Side Plank	3		:30	:30	3		:30	:30	3		:30	:30	3		:30	:30	6-7
Superset 2	Hip Thrusts	Kettlebell Dead Lift	Hex Bar Deadlift	4	6-8			4	6-8			4	6-8			4	6-8			8-9
	Chest Press	Push-Ups	Weighted Push-Ups	4	10			4	10			4	10			4	10			8-9
	Laying March	Reverse Crunch	Elevated Reverse Crunch	4		:30	:60	4		:40	:60	4		:50	:60	4		:60	:60	8-9
Superset 3	Squat w/Press Out	Goblet Squat	Split Squats	3	12			3	12			3	12			3	12			7-8
	Machine Rows	TRX Rows	Chest Supported 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					
			Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	RPE Scale	
Beginner			Intermediate				Advanced													
Superset 1	Plank Walkouts	Leopard Crawls	Weighted Leopard Crawls	5	:60			5	:60			5	:60			5	:60			9
	Kettlebell Carries	Uneven Carries	Suitcase Carry/Per Side	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	Two Arm Slams	8		:20	:40	8		:20	:40	8		:20	:40	8		:20	:40	

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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

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

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