



WORKOUT OF THE MONTH : XI

Provided by Tyler Sutphen, Elite Trainer, FFC Union Station

Movement Highlight Hollow Body Floor Press



Lie on the ground with your legs straight, core tight, and a kettlebell in each hand. Your feet and head should be elevated 6" off the ground. Holding the kettlebells straight over your chest, bring your elbows down in a controlled motion until they are parallel to the ground before returning to the starting position.

Hollow Body Floor Press Challenge
See how many reps you can do in 1-minute.

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				RPE Scale	
Beginner	Intermediate	Advanced	Week 1				Week 2				Week 3				Week 4					
			Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off		
Superset 1	TRX Reverse Lunge	Landmine Split Squat	Racked Kettlebell Walking Lunges	3	15			3	12			5	5			3	15			6-8
	Dumbbell Shoulder Press	Single Arm Kettlebell Strict Press	Kneeling Kettlebell See Saw Presses	3	15		:45	3	12		:45	5	5		:45	3	15		:45	6-8
Superset 2	Kettlebell Deadlift off a Platform	Hex Bar Deadlift	Kettlebell Single Leg Romanian Deadlift	3	12			5	5			3	15			3	12			6-8
	TRX Rows	Machine Assisted Pull Up	Band Assisted Pull Ups	3	12		:45	5	5		:45	3	20		:45	3	12		:45	6-8
Superset 3	TRX Push Ups	Kettlebell Floor Press	Kettlebell Hollow Body Floor Press	5	7			3	15			3	20			5	7			6-8
	TRX Face Pulls	Kettlebell Bent Over Rows	Kettlebell Renegade Rows	5	7		:45	3	15		:45	3	20		:45	5	7		:45	6-8
	Med Ball Slams	Battle Rope Waves	Wall Balls	4	20		:45	4	25		:45	4	30		:45	4	40		:45	6-8

DAY 2 - CARDIO

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				RPE Scale
Beginner	Intermediate	Advanced	Week 1				Week 2				Week 3				Week 4				
			Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	
Elevated Mountain Climbers	Leopard Crawls	Kettlebell Swings	8		:20	:40	8		:20	:30	8		:20	:20	8		:20	:10	7-8
Body Weight Squats	Med Ball Rotational Slams	Kettlebell Swings	4	20		:45	4	20		:45	4	25		:45	4	25		:45	7-8
Battle Rope Side to Sides			4	20		:45	4	20		:45	4	20		:45	4	20		:45	7-8

ASK A TRAINER FOR ASSISTANCE!

VISIT [FFC.COM/30-DAY-WORKOUTS](https://www.ffc.com/30-day-workouts) 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 Bosu Glute Bridge	Thrusters	Kettlebell Cleans	3	15			3	12			5	5			3	10			6-8
Goblet Squat	Kettlebell Swings	Double Kettlebell Swings	3	15		:45	3	12		:45	5	5		:45	3	12		:45	6-8
Superset 2 Floor Press	Towel Cable Rows	Kettlebell Heartbeat Squats	3	12			5	5			3	20			3	12			6-8
Single Arm Rows	Stability Ball Pushups	Barbell Romanian Dead Lift and Row	3	12		:45	5	5		:45	3	20		:45	3	12		:45	6-8
Superset 3 TRX Bicep Curls	TRX IYT's	Plank Pull Throughs	5	7			3	20			3	12			5	7			6-8
TRX Tricep Extensions	Kneeling Single Arm Landmine Press	Hyperextensions	5	7		:45	3	20		:45	3	12		:45	5	7		:45	6-8
Farmer Carry (steps)	Kettlebell Racked Carry	Overhead Kettlebell Carry	4	20		:45	4	30		:45	4	40		:45	4	50		:45	6-8

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 250m Row	350m Row	500m Row	5				5				8				8				6-8
Body Weight Squats	Burpees	Kettlebell Thruster	5	12			5	12			8	12			8	12			6-8
Jumping Jacks	TRX Rows	Pull-Ups	5	12		2 min	5	12		2 min	8	12		2 min	8	12		2 min	6-8
Mountain Climbers	Knee Grabs	Kettlebell Snatches	5	12			5	12			8	12			8	12			6-8
	Kettlebell Swings	Burpees	5	12		:45	5	12		:45	8	12		:45	8	12		:45	6-8

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	
Box Step Ups	Dumbbell Bulgarian Split Squats	Turkish Get-Ups	3	6		:45	3	6		:45	3	6		:45	3	6		:45	6-8
Bosu Glute Bridges	Kettlebell Deadlifts	Deadlifts	5	5		:45	5	5		:45	5	5		:45	5	5		:45	6-8
Machine Chest Press	Towel TRX Rows	TRX Chin Ups	5	5		:45	5	5		:45	5	5		:45	5	5		:45	6-8
Stability Ball Leg Curls	Bosu Push Ups	Kneeling Kettlebell Strict Press	3	12		:45	3	12		:45	3	12		:45	3	12		:45	6-8
Chest Supported Alternating Row Machine	TRX with Pulls	TRX Alligators	3	12		:45	3	12		:45	3	12		:45	3	12		:45	6-8
Cable Twists	Cable Palloff Press	Battle Rope Russian Twists	4	20		:45	4	20		:45	4	20		:45	4	20		:45	6-8
Stability Ball Sit Ups	Ab Rollout	Battle Rope Waves with Reverse Lunges	4	20		:45	4	20		:45	4	20		:45	4	20		:45	6-8

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	
Urban Athlete					45min				45min				45min				45min		8-9