

WORKOUT OF THE MONTH : XII



Provided by Nikki Georgeson, Elite Trainer, FFC West Loop

Movement Highlight Rowing



First, set resistance appropriately, between 1 (lowest) and 10 (highest). A good starting point for beginners is between 3-5. Grab the handle, bend your knees while keeping your back long and straight, hinge at your hips, with your torso leaning forward. Push off of the foot plate into a full leg extension, keeping your core tight to stabilize your back while pulling the handle inward until it reaches just below your chest.

Track your progress	Day 1	Day 30
Body Weight		
Body Fat		
Myzone Recovery HR		

Rowing Challenge
See how far you can go in 1 minute.

	Day 1	Day 30
Meters		

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 Medicine Ball Slam	Water Pail Toss	Rotational Slam	3	5			3	5			2	5			4	5			6-7
Glute Bridges	Elevated Glute Bridges	Single Leg Glute Bridges	3	5			3	5			2	5			4	5			6-7
Hip CARS	Hip CARS	Hip CARS	3	5ea			3	5ea			2	5ea			4	5ea			6-7
Superset 2 Body Weight Squat	Medicine Ball Squat	Kettlebell Squat	3	8			3	8			2	8			4	8			7-8
TRX ISO Row	TRX Inverted ISO Row	BB Inverted ISO Row	3		:30		3		:30		2		:30		4		:30		7-8
Superset 3 Push Up Plank Hold	Negative Push Up	Push Up ISO Hold	3	5			3	5			2	5			4	5			7-8
Farmer's Carry	Kettlebell Rack Carry	Overhead Kettlebell Carry	4		:30		4		:30		4		:30		4		:30		7-8
Bear Crawls	Lateral Bear Crawl	Circle Bear Crawl																	

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
250m Row	350m Row	450 m Row																	5-6
Glute Bridges	High Bridge	Crawl to High Bridge			2 min				2 min				2 min				2 min		5-6
Inch Worms	Inch Worms	Inch Worms																	5-6
Rope Slams/Mountain Climbers/Sled Sprint	Rope Slams/Mountain Climbers/Sled Sprint	Rope Slams/Mountain Climbers/Sled Sprint	3			2 min	3			2 min	3			2 min	3			2 min	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	
Medicine Ball Slam	Medicine Ball Slam	Medicine Ball Slam	3	18			3		:15		3	12			3	12			7-8
Hollow Body Hold	Hollow Body Rocking	Hollow Body Crunch	3		:15		3		:15		3		:20		3		:20		7-8
Shoulder CARS	Shoulder CARS	Shoulder CARS	3	2ea			3	2ea			3	2ea			3	2ea			6-7
RB Pull Throughs	Kettlebell Dead Lift	Hex Bar Dead Lift	3	8		:45	3	8		:45	2	8		:45	4	8		:45	7-8
Push Up	Floor Dumbbell Chest Press	Bench Press	3	18		:45	3	15		:45	3	12		:45	3	12		:45	7-8
Barbell Chin Row	Negative Chin Up	RB Assisted Chin Up	2	2ea			2	2ea			2	2ea			2	2ea			6-7
Farmer's Carry	Kettlebell Racked Carry	Overhead Kettlebell Carry	4		:30		4		:30		4		:30		4		:30		7-8
Bear Crawl	Lateral Bear Crawl	Circle Bear Crawl																	

Superset 1
Superset 2
Superset 3

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	
Jump Rope/Row/Bike			6		:30	:15	6		:30	:15	6		:30	:15	6		:30	:15	6-7
Kettlebell Hike	Power Swing	Kettlebell Swings	5		:30	:30	5		:30	2 min	5		:30	2 min	5		:30	2 min	7-8
Farmer's Carry	Rack Carry	Overhead Carry	5		:30	2 min	5		:30	2 min	5		:30	2 min	5		:30	2 min	6-8
Get Ups	Get Ups	Get Ups	5	5			5	5			5	5			5	5			6-7

Superset 1

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	
Band Walks	Band Walks	Band Walks	3		:30		3		:30		3		:30		3		:30		6-8
Medicine Ball Slam	Medicine Ball Slam	Medicine Ball Slam	3	10			3	10			3	10			3	10			6-8
Dead Bug Heel Taps	Dead Bug Full Taps	Dead Bugs	3	10			3	10			3	10			3	10			6-8
Split Squat	Reverse Lunge	Offset Reverse Lunge	3	10		:30	3	10		:30	2	8		:30	4	8		:30	6-8
1/2 Kneeling Wood Chop	1/2 Kneeling Wood Chop	1/2 Kneeling Wood Chop	3	5ea			3	5ea			2	5ea			4	8			6-8
TRX ISO Row	TRX Inverted ISO Row	BB Inverted ISO Row	3		:30		3		:30		2		:30		4		:30		6-8
90/90	90/90	90/90				2 min				2 min				2 min				2 min	6-8

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	
DIY Group Fitness Class					45min				45min				45min				45min		8-9

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