



WORKOUT OF THE MONTH : XIII

Provided by Angela Rodriguez, Personal Trainer, FFC Park Ridge

Movement Highlight Stability Ball Hamstring Curl



Lay on the floor with back of heels resting on the ball. Lift butt off of floor and drive hips toward the ceiling. Pull the ball in with your feet keeping your hips extended, contracting your hamstrings. Push the ball back out to the starting position, still keeping your hips elevated.

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

Curl Challenge
See how many you can do 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	Goblet Squat	One Arm Kettlebell Front Squat	Double Kettlebell Front Squat	3	15			3	15			3	12			3	10			5-6
	Elevated Side Plank	Plank to Side Plank Rotations	Side Plank Rotation Press	3		:40		3		:40		3		:45		3		:45		6-7
	Back Lunge	Alt Back Lunge with Rotation	Elevated Back Leg Lunge with Overhead Press	3	12			3	12			3	10			3	8			6-7
Superset 2	Stability Ball Dumbbell Fly	TRX Chest Fly	TRX Chest Fly	3	12			3	12			3	10			3	8			7-8
	Platform Single Leg Get Up	TRX Single Leg Squat	Single Leg Kettlebell Squat	3	12			3	12			3	10			3	8			7-8
	Bodyweight Windmill	Low Carry Dumbbell Windmill	High Carry Kettlebell Windmill	3	12			3	12			3	10			3	8			7-8
Superset 3	Stability Ball Shoulder Press	Tall Kneeling Shoulder Press	ISO Lunge Shoulder Press	3	12			3	12			3	10			3	8			7-8
	Downdog 5-10 Breaths	Downdog Push Ups	Elevated Downdog Pushups	3	8			3	10			3	10			3	12			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	Hi-lo Cable Woodchop	Tall Kneeling Hi-lo Cable Woodchop	ISO Lunge Medicine Ball Hi-lo Woodchop	5	12			5	12			5	12			5	12			5-6
	Elevated Mountain Climbers	Mountain Climbers	Bosu Ball Mountain Climbers with Rotation	5		:45		5		:45		5		:60		5		:60		7-8
	Lo-hi Cable Haybaler	Tall Kneeling Cable Lo-hi Haybaler	Side Lunge Lo-hi MB Haybaler	5	12			5	12			5	12			5	12			6-7
	Banded Hip Hinge	Kettlebell Swing	Kettlebell Swing	5	20			5	20			5	20			5	20			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	Prone "I" "Y" "W"	Stability Ball "I" "Y" "W"	Prone Dowel Lift	1	15			1	15			1	15			1	15			5-6
	Glute Bridge	Glute Bridge with Plate	Single Leg Plated Glute Bridge	3	15			3	15			3	15			3	15			6-7
	TRX Row	TRX Row	TRX Row Single Leg	3	10			3	12			3	15			3	12			6-7
Superset 2	Stability Ball Hamstring Curl	Hamstring Curl Walk Downs	TRX Hamstring Curl	3	10			3	10			3	10			3	10			6-7
	Dumbbell Staggered Stance Lawnmower	Dumbbell Lawnmower with Press	Renegade Row	3	12			3	12			3	10			3	10			7-8
Superset 3	Banded Hip Hinge	Banded Hip Hinge	Banded Hip Hinge	3	12			3	12			3	12			3	12			6-7
	Cable Crossing Pulldown	Band Assisted Pull Up	Band Assisted Pull Up	3	10			3	10			3	10			3	10			7-8
	Deadlift	Split Stance Deadlift	Single Leg Deadlift	3	12			3	12			3	12			3	12			8-9

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	Rope Pulls	Rope Pulls	Rope Pulls	5		:40	:20	6		:40	:20	7		:40	:20	7		:40	:20	7-8
	Inchworms	Controlled Bosu Ball Burpees	Medicine Ball Slam Burpees	5		:40	:20	6		:40	:20	7		:40	:20	7		:40	:20	6-8
	Speedskater	Speedskater	Speedskater	5		:40	:20	6		:40	:20	7		:40	:20	7		:40	:20	7-8
	Elevated Hand Side Plank	Side Plank Rotations	Elevated Top Leg Side Plank	5		:40	:20	6		:40	:20	7		:40	:20	7		:40	:20	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		
Superset 1	TRX Squat	TRX Single Leg Squat	TRX Single Leg Squat	3	15			3	15			3	15			3	15			5-6
	Elevated Push Ups	TRX Push Ups	Floor Push Ups	3	10			3	12			3	12			3	15			6-7
	Alternating Back Lunge	Banded Overhead Alternating Front Lunge	Overhead Press Lunge Matrix	3	12			3	12			3	12			3	12			6-7
Superset 2	Cable Reverse Fly	Bentover Reverse Dumbbell Fly	Single Leg Bentover Reverse Dumbbell Fly	3	12			3	12			3	12			3	12			6-7
	Banded Hip Hinge	Split Stance Dumbbell Deadlift	Split Stance Single Arm Dumbbell Deadlift	3	12			3	12			3	10			3	10			7-8
Superset 3	Lat Pulldown with Bands	Australian Pullup	Australian Pullup	3	10			3	10			3	10			3	12			7-8
	TRX Shoulder Press	Tall Kneeling Corner Bar Shoulder Press	ISO Lunge Corner Bar Shoulder Press	2	12			2	12			3	12			3	12			6-7
	Dumbbell Bicep Press Tricep Cult Combo	TRX Bicep Tricep Superset	TRX Bicep Tricep Superset	2	12			2	12			3	12			3	12			6-7

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		
					45min				45min				45min				45min			8-9

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