

# 30 DAY WORKOUT : II



## Movement Highlight

### Goblet Squat

Stand holding a light kettlebell by the horns close to your chest. Squat down between your legs until your hamstrings are on your calves. Keep your chest and head up and your back straight. At the bottom position, pause and use your elbows to push your knees out. Return to the starting position.

### Monthly Movement Challenge:

**Record # of goblet squats in 60 seconds**  
(Weight suggestion: Try 25% of your body weight)

## Track your progress!

	Day 1	Day 30
Time		
Weight		
Reps		
Body Weight		
Body Fat		
Myzone Recovery HR		

## PICK 2-3 RESISTANCE DAYS AND 1-3 CARDIO 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	Sets/Reps	RPE Scale
<b>Superset 1</b> A1. Rotational Med Ball Toss	3 x 3/3		3 x 3/3		4 x 3/3	6-7
A2. Bell Tap Plank	3 x 5/5		3 x 5/5		4 x 5/5	6-7
A3. Banded Leg Drop	3 x 5/5		3 x 5/5		4 x 5/5	6-7
<b>Superset 2</b> B1. Deadlift Clusters (-15 rest between sets)	3 x 3, 2, 1		4 x 3, 2, 1		2-3 x 3, 2, 1	7-8
B2. Upper Body Push (your choice)	3 x 16-20		4 x 16-20		2-3 x 16-20	7-8
B3. 90/90 Breathing	:20/:20		:20/:20		:20/:20	7-8
<b>Superset 3</b> C1. Alternating Step Ups	3 x 12-15/12-15		3 x 12-15/12-15		3 x 12-15/12-15	7-8
C2. Upper Body Pull (your choice)	3 x :15-:30		3 x :15-:30		3 x :15-:30	7-8
D1. Hand to Hand Kettlebell Swings on the Minute or Jump Rope	10 x 14 or :30/:30		10 x 18 or :30/:30		10 x 24 or :45/:30	7-8

### DAY 2 - CARDIO

	MEPs: 100-150	MEPs: 100-150	MEPs: 100-150	MEPs: 100-150		
Exercise Name	Sets/Reps	Notes	Sets/Reps	Notes	Sets/Reps	RPE Scale
A1. High Knees, Butt Kicks, Cross Body Kick, High Knee Skip, Side Shuffle, Carioca (Both Ways)	15 yards each		15 yards each		15 yards each	6-8
B1. Sprints (Set speed to match an 8 or 9 RPE. This should be pretty uncomfortable toward the end.)	5% Incline :10 on :30 off x 3 3% Incline :15 on :45 off x 3		5% Incline :10 on :30 off x 5 3% Incline :15 on :45 off x 5		5% Incline :10 on :30 off x 4 3% Incline :15 on :45 off x 4	8-9
C1. Swiss Ball Leg Curls (-20 Rest)	3 x 8		3 x 8		3 x 8	6-8
D1. Strength Circuit - Sumo Squat to Upright Row 12 - Bent Over Row 12 - Split Squat or Split Squat Jump 12/12	3 Rounds :15 rest between exercises/ :90 rest between rounds		3 Rounds :15 rest between exercises/ :90 rest between rounds		4 Rounds :15 rest between exercises/ :90 rest between rounds	6-8

### 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. Squat Jump	3 x 5		3 x 5		4 x 5		2 x 5		6-7
	A2. Core Engaged Leg Drop	3 x :05		3 x :05		4 x :05		2 x :05		6-7
	A3. Prying Goblet Squat	3 x 5/5		3 x 5/5		4 x 5/5		2 x 5/5		6-7
Superset 2	B1. 3 Count Paused Squat	3 x 6-8		4 x 6-8		2-3 x 6-8		4-5 x 6-8		7-8
	B2. Pull Up or High Row (your choice)	3 x 8-10		4 x 8-10		2-3 x 8-10		4-5 x 8-10		7-8
	B3. Hip Flexor Stretch	:20/:20		:20/:20		:20/:20		:20/:20		
Superset 3	C1. Single Leg Static Deadlift	3 x :20-:30/ :20-:30		3 x :20-:30/ :20-:30		3 x :20-:30/ :20-:30		3 x :20-:30/ :20-:30		7-8
	C2. Upper Body Push (your choice)	3 x 12-15		3 x 12-15		3 x 12-15		3 x 12-15		7-8
	D1. Farmer Carries	6 x :30/:30		8 x :30/:30		10 x :30/:30		12 x :30/:30		7-9

### DAY 4 - CARDIO

		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 Hand to Hand Swings on the Minute or Jump Rope		10 x 12 or :30/:30		10 x 14 or :30/:30		10 x 16 or :40/:30		10 x 20 or :40/:30		6-8
A1. Get Ups w/ Press On Top (Alternate Sides)		10 x 1/1		10 x 1/1		10 x 1/1		10 x 1/1		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. Swings	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	A2. Static Push Up	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	A3. Static Batwing	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
2:00 Rest										
Superset 2	B1. Lunge	3 x :20/:40		3 x :20/:40		3 x :20/:40		3 x :20/:40		6-8
	B2. Alternating 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 14		5 x 14		5 x 14		5 x 14		7-8
	C2. Get Ups	5 x 1/1		5 x 1/1		5 x 1/1		5 x 1/1		7-8
	D1. Cardio	15:00 - 20:00		15:00 - 20:00		15:00 - 20:00		15:00 - 20:00		6-8

### DAY 6 - CARDIO

		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. Formula 94 or Your Choice of Cardio		30-45 min		30-45 min		30-45 min		30-45 min		6-8