

30 DAY WORKOUT : IV



Movement Highlight
**Battle Rope
Power Slams**

Provided by Carly Capesius, Personal Trainer, FFC Oak Park

Grab the ropes with a neutral grip, feet shoulder width apart. Lift arms above head while getting as tall as possible up onto your toes. Then quickly slam the ropes down while coming into a squat position.

Battle Rope Challenge
Do as many power slams as you can in 60 sec!

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	
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	Seated Med Ball Chest Pass	Half Kneeling Med Ball Chest Pass	Standing Med Ball Chest Pass	3	8			3	8			4	8			2	8			6-7
	Supine Bridges	Single Leg Bridges	Feet Elevated Bridges	3	10			3	10			4	10			2	5ea			6-7
	Butterfly Groin Stretch			3		:30		3		:30		3		:30	3		:30			6-7
Superset 2	Leg Press Machine	Goblet Squat	Barbell Front Squat	3	8+			4	8+			3	8+			4	8+			7-8
	Shoulder Press Machine	Seated Dumbbell Shoulder Press	Standing Dumbbell Shoulder Press	3	10			4	10			3	10			4	10			7-8
	Standing Quadricep Stretch			3		:30		4		:30		3		:30	4		:30			7-8
Superset 3	TRX Assisted Split Squat	Split Squat	Rear Elevated Split Squat	3	10+			3	10+			3	10+			3	10+			7-8
	Cable Wide Grip Lat Pulldowns	Banded Pull Ups	Pull Ups	3	12+		:45	3	12+		:45	3	12+		:30	3	12+		:30	7-8
Superset 4	Rowing Machine Intervals 70-80% Max Effort			4		:30		5		:30		4		:35	5		:35			7-8
	Rowing Machine Intervals 50% Max Effort			4		:30		5		:30		4		:25	5		:25			5-6

DAY 2 - 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	Standing in Place, Reverse Lunges	Walking Alt Lunges	Plyometric Lunges	4		:30	:30	5		:30	:30	5		:30	:30	6		:30	:30	7-8
	Banded Lateral Walks	Jumping Jacks	Star Jumps	4		:30	:30	5		:30	:30	4		:30	:30	6		:30	:30	8-9
	Alt Foot Taps on Step	Standing Alt Marches	Alt Foot Taps on BOSU	4		:30	:30	5		:30	:30	5		:30	:30	6		:30	:30	8-9
Stairmaster					15+min				15+min				20+min		3		20+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		
Superset 1	Half Kneeling Single Rope Slams	Standing Single Rope Slams	Standing Double Rope Slams	3	6			3	6			4	6			2	6			7-8
	Kneeling Alt Glute Extensions	Bird Dogs	Plank w/Alt Arm + Leg Reach	3	8			3	8			3	8			3	8			7-8
	Hamstring Stretch w/Strap			3		:30ea		3		:30ea		4		:30ea		2		:30ea		7-8
Superset 2	Hip Hinge w/Dowel	Kettlebell Deadlift	Barbell Deadlift	3	8+			4	8+			3	8+			4	8+			7-8
	Side Plank w/Bent Knees	Side Plank w/Extended Knees	Side Plank w/Leg Abduction	3		:30	:30	4		:30	:30	3		:30	:30	4		:30	:30	7-8
Superset 3	Standing Calf Stretch at Wall			3		:30	:30	4		:30	:30	3		:30	:30	4		:30	:30	7-8
	Hardstyle Plank	Plank to Push Up	Single Leg Plank to Push Up	3		:30		3		:30		3		:30		3		:30		7-8
	Seated Single Arm Cable Row	Half Kneeling Single Arm Row	Standing Single Arm Cable Row	3	10+			3	10+			3	10+			3	10+			7-8
	Squat Jumps	Burpees	Burpee w/Single Leg	5		:20	:40	5		:30	:30	6	:20	:40		3		:30	:30	7-8

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	Elevated Mountain Climbers	Mountain Climbers from Floor	TRX Mountain Climbers	4		:20	:40	4		:30	:30	5		:20	:40	5		:30	:30	6-8
	Push Ups from Inclined Bar	Push Ups	Plyometric Push Ups	4		:20	:40	4		:30	:30	5		:20	:40	5		:30	:30	6-8
	Squats	Squat Jumps	Weighted Squat Jumps	4		:20	:40	4		:30	:30	5		:20	:40	5		:30	:30	6-8
	Jogging on Treadmill				20+min				20+min				25+min				25+min			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	Kneeling Tricep Extension w/Cable Rope	Standing Tricep Extension w/Cable Rope	Single Arm Standing Tricep Extension w/Handle or Rope	3		:30		3		:30		3		:30		3		:30		6-8
	Seated Cable Rows	Half Kneeling Cable Rows	Standing Cable Rows	3		:30		3		:30		3		:30		3		:30		6-8
	Rest					1-2min				1-2min				1-2min					1-2min	
Superset 2	Leg Press Machine	Goblet Squat	Barbell Front Squats	3		:30		3		:30		3		:30		3		:30		6-8
	Single Leg Bridge	Double Leg Hamstring Curl Machine	Single Leg Hamstring Curl Machine	3		:30		3		:30		3		:30		3		:30		6-8
	Rest					1-2min				1-2min				1-2min					1-2min	6-8
Superset 3	Straight Leg Raises	Bicycle Crunches w/Feet on Floor	Bicycle Crunches w/Feet off Floor	3		:30		3		:30		3		:30		3		:30		6-8
	Elevated Plank w/Alt Shoulder Taps	Plank w/Alt Shoulder Taps	Plank w/Alt Dumbbell Row	3		:30		3		:30		3		:30		3		:30		6-8
Superset 4	Elliptical Forward			5		2:30		6		2:30		6		2:30		7		2:30		7-8
	Elliptical Backward			5		2:30		6		2:30		6		2:30		7		2:30		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		
	The EDGE Group Exercise Class				45min				45min				45min				45min			8-9

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