

30 DAY WORKOUT : V



Provided by Marques Chaplin, Personal Trainer, FFC East Lakeview

Movement Highlight Renegade Row



Place two dumbbells on the floor about shoulder-width apart. Start in the top of pushup position with your hands on the weights. Row one weight up toward the side of your body while balancing on your other hand and feet. Hold for one second at the top and return the weight to the start position then repeat on the other side. For an additional challenge, add a push up.

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

Renegade Row Challenge
Do as many rows as you can in 60 sec!

	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		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	Squat	Goblet Squat	Barbell Back Squat	3	10			3	10			4	10			4	10			6-7
	Push Up	Single Leg Push Up	Deficit Push Up	3	10			3	10			4	10			4	10			6-7
	Dead Bug			3		:30		3		:30		3		:50		4		:50		6-7
Superset 2	Kettlebell Deadlift	Double Kettlebell Deadlift	Double Sumo KB Deadlift	3	10			3	10			4	10			4	10			7-8
	Close Grip Cable Pull	Band Assisted Close Grip Pull Up	Close Grip Pull Up	3	8			3	10			4	10			4	10			7-8
	Superman			3		:30		3		:30		3		:30		4		:30		7-8
Superset 3	Split Squat	Alt. Lunges	Dumbbell Alt. Lunges	3	10			3	10			4	10			4	10+			7-8
	Standing Single Arm Shoulder Press	Standing Shoulder Press	Standing Curl and Press	3	10			3	10			4	10			4	10+			7-8
	Plank	Mountain Climber	Mountain Climber w/Push Up	3		:30		3		:30		3		:50		4		:50		7-8

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		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	Side Shuffle	Side Squat	Side Sumo Squat	3		:30		3		:50		4		:50		4		:50		7-8
	Jumping Jacks	Star Jump	Box Jump	3		:30		3		:50		4		:50		4		:50		8-9
	Mountain Climber	Mountain Climber w/ Plates	TRX Mountain Climbers	3		:30		3		:50		4		:50		4		:50		8-9
Treadmill/Jogging					15min				15min				20min		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	Push Up	Machine Chest Press	Barbell Bench Press	3	10			3	10			4	10			4	10			7-8
	Squat	Dumbbell Squat (low)	Dumbbell Squat (high)	3	10			3	10			4	10			4	10			7-8
	Alt. Bird Dog			3		:30		3		:30		3		:50		4		:50		7-8
Superset 2	Kneeling Resistance Band Row	Kneeling Cable Row	Split Squat Row	3	10			3	10			4	10			4	10			7-8
	Hip Hinge	Dumbbell Deadlift	Single Leg Dumbbell Deadlift	3	10			3	10			4	10			4	10			7-8
	Resistance Band Palloff Press			3		:30ea		3		:30ea		3		:30ea		3		:30ea		7-8
Superset 3	Renegade Row	Renegade Row w/Push Up	Man Maker	3	10			3	10			4	10			4	10			7-8
	Medicine Ball Squat	Dumbbell Single Arm Squat	Dumbbell Overhead Squat	3	10			3	10			4	10			4	10			7-8
	Squat Jump	Burpee	Burpee w/Box Jump	3		:30		3		:30		3		:50		4		:50		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	Jumping Jacks	Squat Jack	Skater	4		:30		4		:30		4		:50		5		:50		6-8	
	Platform Step Up	Platform Step Over	Box Jump	4		:30		4		:30		4		:50		5		:50		6-8	
	Plank	Plank Up	Plank Up w/Push Up	4		:30		4		:30		4		:50		5		:50		6-8	
Treadmill Intervals (50-80%)			6		:30	:30	6		:30	:30	8		:30	:30	8		:30	:30	8		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	Leg Press	Goblet Squat	Barbell Front Squat	3	10			3	10			4	10			4	10			6-8
	Seated Dumbbell Shoulder Press	Standing Barbell Shoulder Press	Barbell Squat w/ Press	3	10			3	10			4	10			4	10			6-8
	Rest						:60				:60				:60				:60	6-8
Superset 2	Hip Hinge	Dumbbell Deadlift	Barbell Deadlift	3	10			3	10			4	10			4	10			6-8
	Resistance Band Bicep Curl	Dumbbell Bicep Curl	Barbell Curl	3	10			3	10			4	10			4	10			6-8
	Rest						:60				:60				:60				:60	6-8
Superset 3	Plank	Shoulder Tap	Single Arm Plank	3		:30		3		:30		3		:50		4		:50		6-8
	Deadbug	Straight Leg Raises	Straight Let Raises w/Physioball	3		:30	:60	3		:30	:60	3		:50	:60	4		:50	:60	6-8
Superset 4	Cardio Row(70-80%)			4		250m		4		500m		5		500m		5		500m		7-8
	Elliptical Backward			5		2:30		6		2:30		6		2:30		7		2:30		7-8

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		
Critical Mass Group Exercise Class					45min				45min				45min			45min			45min	8-9

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