

30 DAY WORKOUT : VI



Movement Highlight Goblet Split Squat

Provided by Tony Mastrolonardo, Personal Trainer, FFC Park Ridge

Start in a 1/2 kneeling position, holding the kettlebell or dumbbell just like you would for the goblet squat. Make sure both the front leg and rear leg are at a 90 degree angle. Drive up through the front foot until both the front leg and rear leg are at full extension. Once at the top of the movement, lower the legs in a controlled manner back down to the starting position. Make sure that legs are still both at 90 degrees when lowering back down. Also, make sure the descent is in a controlled manner, do not let the rear knee slam into the floor.

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

Goblet Split Squat Challenge
Do as many squats 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	
Beginner	Intermediate	Advanced	Week 1				Week 2				Week 3				Week 4					
			Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off		
Superset 1	Med Ball Slam	Rotational Slam	Jump to Slam	3	8			3	8			3	8			3	8			6-7
	Plank	Plank Ups	Body Saw w/Sliders	3		:30		3		:30		3		:30		3		:30		6-7
	Band Pull Aparts			3	10			3	10			3	10			3	10			6-7
Superset 2	Bodyweight Squat	Goblet Squat	Double Kettlebell Front Squat	3	8			3	8			2	8			4	8			7-8
	Machine Chest Press	Push Up	Flat Dumbbell Bench Press	3	8			3	8			2	10			4	10			7-8
	Lying Leg Raise	Deadbug	Deadbug with Kettlebell	3	8			3	8			2	8			4	8			7-8
Superset 3	Lying Leg Curl Machine	Glute Bridge	Slider Leg Curl	3	12			3	12			2	12			4	12			7-8
	TRX Row	TRX Row (2 sec Pause)	Feet Elevated TRX Row	3	12			3	12			2	12			4	12			7-8

DAY 2 - CARDIO

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				RPE Scale	
Beginner	Intermediate	Advanced	Week 1				Week 2				Week 3				Week 4					
			Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off		
Superset 1	Farmer's Carry	1/2 Racked Carry	Front Rack Carry	4		:30	:30	5		:30	:30	5		:30	:30	4		:30	:30	7-8
	Sled Push	Sled Push/Sled Pull	Sled Push/Sled Pull	4		:30	:30	5		:30	:30	5		:30	:30	4		:30	:30	8-9
	March in Place	Rower	Battle Rope Arm Waves	4		:30	:30	5		:30	:30	5		:30	:30	4		:30	:30	8-9
	Elliptical	Spin Bike	Treadmill			15min				20min				25min		3		30min		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 Box Step-Ups	Dumbbell Box Step-Ups	Box Jumps	3	8			3	8			3	8			3	8			7-8
Bird Dog	Bird Dog w/Touch	Bird Dog w/Touch and Pause	3	8			3	8			3	8			3	8			7-8
Inchworms			3	6			3	6			3	6			3	6			7-8
Superset 2 Kettlebell Deadlift	Trap Bar Deadlift	Barbell Deadlift	3	8			3	8			2	8			4	8			7-8
Cable Pulldown	Banded Chin Up	Bodweight Chin Up	3	8			3	8			2	8			4	8			7-8
Lying Leg Raise	Deadbug	Deadbug w/Kettlebell	3	8			3	8			2	8			4	8			7-8
Superset 3 Seated or Kneeling Press	Push Press	Standing Press	3	12			3	12			2	12			4	12			7-8
TRX Split Squat	Goblet Split Squat	RFE Split Squat	3	12			3	12			2	12			4	12			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 Med Ball Slams	Rotational Slam	Jump to Slam	5		:15	:45	5		:20	:40	5		:30	:30	5		:30	:15	6-8
March in Place	Jump Squat (Bodyweight)	Kettlebell Swings	5		:15	:45	5		:20	:40	5		:30	:30	5		:30	:15	6-8
Plank	Mountain Climber	TRX Crunch	5		:15	:45	5		:20	:40	5		:30	:30	5		:30	:15	6-8
Elliptical	Spin Bike	Treadmill			15min				20min				25min				30min		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 Bodyweight Squat	Goblet Squat	Double Kettlebell Front Squat	3	8			3	8			3	8			3	8			6-8
Lying Leg Raise	Deadbug	Deadbug w/Kettlebell	3	8			3	8			3	8			3	8			6-8
Walking Toe Touch			3		20yds		3		20yds		3		20yds		3		20yds		6-8
Superset 2 Lying Leg Curl	Dumbbell Romanian Dead Lift	Single Leg Romanian Dead Lift	3	8			3	8			2	8			4	8			6-8
Cable Curl	Dumbbell Alt Curl	EZ Bar Curl	3	8			3	8			2	8			4	8			6-8
Rope Pushdown	Lying Dumbbell Tricep Extension	Diamond Push Ups	3	8			3	8			2	8			4	8			6-8
Superset 3 Suitcase Carry (1 arm)	Racked Carry (1 arm)	Waiters Carry	3		40yds		3		40yds		2		40yds		4		40yds		6-8
Plank	Plank Ups	Plank (Opposite Arm and Leg Elevation)	3		:30		3		:30				:30		4		:30		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	
Yoga for Athletes Group Exercise Class					45min				45min				45min				45min		8-9