

30 DAY WORKOUT : VII



Provided by Antonio Ramirez, Master Trainer, FFC Park Ridge



Movement Highlight Barbell Deadlift

Beginner tip: You can start by lifting just the bar. It weighs 45 lbs.

Place feet hip-width apart with the bar over center of feet. Pull shoulders back and down into your pockets. Tighten core, then push back/hinge hips while keeping a neutral spine until you feel a stretch in your hamstrings. Grab bar, contract your lats, pushing your chest out and arms down, and create tension throughout your body. Push feet into floor and pull bar up into your body, keeping it as close to your legs as possible while pushing hips forward and tightening glutes as your legs reach full extension.

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

Barbell Deadlift Challenge
Do as many deadlifts 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 Bodyweight Hip Thrusts	Kettlebell Deadlifts	Barbell Deadlifts	5	5			5	4			5	3			5	2			5-8
Chest Press Machine	Decline Push Ups	Dumbbell Bench Press	5	5			5	4			5	3			5	2			5-8
Bird Dogs			4	5		:60	4	5		:60	4	5		:60	4	5		:60	6-7
Superset 2 Seated Shoulder Press	Landmine Press	Double Kettlebell Overhead Press	3	8			3	8			3	8			3	8			7-8
Single Legged Leg Curls	TRX Single Leg Romanian Deadlift	Kettlebell Single Leg Romanian Deadlift	3	10			3	10			3	8			3	8			7-8
Kneeling Side Planks	Side Planks	Weighted Side Planks	3		:20	:60	3		:25	:60	3		:30	:60	4		:35	:60	7-8
Superset 3 Broad Jumps	Kettlebell Power Swings	Kettlebell Swings	4		:25		4		:25		4		:25		4		:25		6-8
High Plank	Shoulder Taps	Inch Worms	4		:30	:60	4		:30	:60	3		:40	:60	3		:40	:60	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 Kettlebell Suitcase Carry	Kettlebell Carry	Trapbar Carries	6		:40		6		:40		6		:40		6		:40		6-7
Baby Crawls	Bear Crawls	Side Bear Crawls	4		:45		4		:40		4		:35		4		:30		8-9
Side Shuffle	Skater Jumps	Speed Skater Jumps	4		:30	:60	4		:30	:60	4		:40	:60	4		:40	:60	8-9
Battle Rope Slams			5		:20		6		:20		7		:20		8		:20		7-8

ASK A TRAINER FOR ASSISTANCE!

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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	Leg Press Machine	Kettlebell Squats	Barbell Front Squats	5	5			5	4			5	3			5	2			5-8
	TRX Assisted Chin Ups	Band Assisted Chin Ups	Chin Ups	5	4			5	5			5	6			5	7			5-7
	Deadbugs			4	3		:60	4	3		:60	4	3		:60	4	3		:60	7-8
Superset 2	Cable Rows	TRX Rows	Kettlebell Rows	3	10			3	10			3	8			3	8			7-8
	Step Ups	Split Squats	Bulgarian Split Squats	3	8			3	8			3	8			4	8			7-8
Superset 3	Band Paloff Press	Cable Paloff Press	Kneeling Cable Press	3	10		:60	3	10		:60	3	10		:60	3	10		:60	7-8
	Band Pulldown	Single Arm Lat Pulldown	Cable Lat Pulldown	3	12			4	12			3	12			3	12			7-8
	Side Step Ups	TRX Side Lunge	Kettlebell Side Lunges	3	8		:60	3	8		:60	2	8		:60	2	8		:60	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	Body Squats	TRX Squat Jumps	Box Jumps	4	5			4	5			4	5			4	5			6-8
	Ball Slams	Side Ball Slams	Alternating Side Ball Slams	4	8			4	8			4	6			4	6			6-8
	Plank	High Plank	Decline Plank	4		:30	:60	4		:35	:60	4		:40	:60	4		:40	:60	6-8
Rower			4		200m		4		200m		5		200m		6		200m		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	Glute Bridges	Hip Thrusts	Barbell Hip Thrusts	4	12			4	12			4	10			4	10			6-8
	Push Ups on Knees	Push Ups	Decline Push Ups	4	8			4	8			4	8			4	8			6-8
	Lying Leg Lifts	Hanging Knee Raises	Hanging Leg Raises	4	7		:60	4	8		:60	4	9		:60	4	10		:60	6-8
Superset 2	Step Ups	Deadstop Lunges	Walking Lunges	4	8			4	8			4	8			4	8			6-8
	Cable Rows	Inverted Barbell Row	T-Bar Row	4	10			4	10			4	10			4	10			6-8
Superset 3	Crunches	Sit Ups	Weighted Sit Ups	4	8		:60	4	8		:60	4	8		:60	4	8		:60	6-8
	Band Bicep Curls	Cable Bicep Curls	Dumbbell Bicep Curls	4	16			4	16			4	16			4	16			6-8
	Band Tricep Extension	Cable Tricep Extension	Dumbbell Skull Crushers	4	15		:60	4	15		:60	4	15		:60	4	15		:60	6-8

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		
FITCORE Group Exercise Class					45min				45min				45min				45min			8-9

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