

WORKOUT OF THE MONTH - VIII



Provided by Austin Head, Personal Trainer, FFC Union Station

Movement Highlight TRX Atomic Push-Up



Start the movement in a “hands and toes” plank in the TRX. Place hands directly below your shoulders, with your spine in a neutral position. Perform push-up, then drive knees into chest, return back to the “hands and toes” plank position and repeat.

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

TRX Atomic Push-Up Challenge
Do as many push-ups 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					
Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off		
Superset 1	Leg Press	Kettlebell Squats	Barbell Front Squats		3	8			3	8			3	8			3	8	5-8	
	Step Ups	Weighted Step Ups	Double KB Front Rack Step Ups		3	8			3	8			3	8			3	8	5-8	
	Elbow Plank	Bodysaw Planks	Physio Ball Bodysaw Plank		3			:90	3			:90	3			:90	3		:90	6-7
Superset 2	Chest Press Machine	Push-Ups	Dumbbell Bench Press		3	8			3	8			3	8			3	8	7-8	
	Resisted Band Rows	Dumbbell Bent Over Rows	Dumbbell Alt Plank Rows		3	10			3	10			3	8			3	8	7-8	
	Crunches	Sit-Ups	Decline Sit-Ups		3	20		:90	3	20		:90	3	20		:90	3	20	:90	7-8
Superset 3	Broad Jumps	Kettlebell Power Swings	Kettlebell Swings		4		:25		4		:25		4		:25		4		:25	6-8
	High Plank	Bear Plank Hold	TRX Knee Ins		4		:30	:60	4		:30	:60	3		:40	:60	3		:40	:60

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	Farmers Carry	Kettlebell Front Rack Carry	Kettlebell Overhead Carry		6		:40		4		:40		4		:40		4		:40	6-7
	TRX Reverse Lunges	Body Weight Reverse Lunges	Body Weight Lunge Explosions		4		:20		4		:30		4		:40		4		:50	8-9
	Med Ball Slam	Rotational Slam	Rotational Jump Slam		4		:30	:60	4		:30	:60	4		:40	:60	4		:40	:60
Spin Bike	Treadmill	Stair Climber				15 min				20 min				25 min				30 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	Kettlebell Deadlift	Trapbar Deadlifts	Barbell Deadlifts	3	8			3	8			3	8			3	8			5-8
	TRX Assisted Chin Ups	Band Assisted Chin Ups	Chin Ups	3	4			3	6			3	8			3	10			5-7
	Deadbugs			3	8		:90	3	8		:90	3	8		:90	3	8		:90	7-8
Superset 2	Shoulder Press Machine	Barbell Shoulder Press	Kettlebell Shoulder Press	3	8			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
	Dumbbell Woodchop	Band Woodchop	Cable Woodchop	3	10		:90	3	10		:90	3	10		:90	3	10		:90	7-8
Superset 3	Reverse Lunges	TRX Row	Cable Row	3	12			3	12			3	12			3	12			7-8
	Double Battle Rope Slams			3	8		:60	3	8		:60	3	8		:60	3	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	Reverse Lunges	Forward Lunges Med Ball Rotations	Alternating Side Ball Slams	4		40yds		4		40yds		4		40yds		4		40yds		
	Ball Slams	Side Ball Slams	Alternating Side Ball Slams	4	8			4	8			4	6			4	6			6-8
	High Plank to Squat	Burpees	Burpee Tuck Jumps	4	12			4	12			4	12			4	12			6-8
	Rower			4		250m		4		250m		5		250m		6		250m		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	Goblet Squat	Loop Band Goblet Squat	Loop Band Goblet Squat on Bosu Ball	4	12			4	12			4	10			4	10			6-8
	Glute Bridges	Glute Bridge w/ Loop Band	Hip Thrusters w/ Loop Band	4	12			4	12			4	12			4	12			6-8
	Push-Ups (on Knees)	Push-Ups	TRX Atomic Push-Ups	4	12		:90	4	12		:90	4	12		:90	4	12		:90	6-8
Superset 2	Dumbbell Bicep Curls	Squat & Curl	Reverse Lunge and Curl	4	8			4	8			4	8			4	8			6-8
	Dumbbell Skull Crusher	DB Skull Crusher Alt Leg Lifts	DB Skull Crusher Alt Leg Lifts	4	10			4	10			4	10			4	10			6-8
	Bicycles			4	8		:90	4	8		:90	4	8		:90	4	8		:90	6-8
Superset 3	Band Face Pull	TRX Face Pull	Cable Face Pull	4	12			4	12			4	12			4	12			6-8
	Alt Dumbbell Shoulder Press	Squat & Alt Shoulder Press	Squat and Press	4	12		:60	4	12		:60	4	12		:60	4	12		:60	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		
	Critical Mass Group Exercise Class				45min				45min				45min				45min			8-9

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