

WORKOUT OF THE MONTH : IX



Provided by Lilian Halloran, Master Trainer, FFC Elmhurst

Movement Highlight Double Kettlebell Front Squat



Kettlebells in the rack position. Feet shoulder width apart, toes straight ahead or slightly turned. Exhale bringing ribs down and hips underneath you. Sit straight down, making sure to stay in your heels. Stand pressing the ground away with heels. Squeeze quads, glutes and hamstrings. Lockout by squeezing your glutes, pushing your hips forward, bracing your core and tucking your ribcage towards your hips.

Double Kettlebell Front Squat Challenge
Do as many squats 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	Kettlebell Deadlifts	Double Kettlebell Deadlifts	Barbell Deadlifts	3	10			3	10			4	10			4	10			5-8
	Band Rows	TRX Rows	Renegade Rows	3	10			3	10			4	10			4	10			5-8
	Plank	Walking Planks	Kettlebell Plank Drags	4		:30		4		:30		4		:45		4		:45		6-7
Superset 2	Step-Ups	Step-Ups	Overhead Step-Ups	3	10			3	10			4	8			4	8			7-8
	2 Arm Band Chest Press	Hollow Body Kettlebell Chest Press	Dumbbell Bench Press	3	8			3	8			3	8			3	8			7-8
	Side Plank	Side Plank Leg Lift	Side Plank Crunch	3		:30		3		:40		3		:50		3		:60		7-8
Superset 3	Squats	Dumbbell Thrusters	Barbell Thrusters	3	10			3	10			4	10			4	10			6-8
	Reverse Lunges	Double Kettlebell Rack Lunges	Offset Kettlebell Lunges	3	10ea		:60	3	10ea		:60	3	15ea		:60	3	15ea		:60	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					
	Beginner	Intermediate	Advanced	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	Sets	Reps	On	Off	
Superset 1	Med Ball Slams	Side Ball Slams	Alt. Side Ball Slams	4	10			4	10			5	10			5	10			6-7
	Burpee	Burpee w/ Push Up	Burpee to Box Jump	4	5			4	5			5	5			5	5			8-9
	Kettlebell Swings	Single Arm Kettlebell Swings	Double Kettlebell Swings	4	20		:60	4	20		:60	4	20		:60	4	20		:60	8-9

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	Squats	Goblet Squats	Double Kettlebell Front Squats	3	10			3	10			4	10			4	10			5-8
	Walking Lunges	Dumbbell Lunges	Overhead Lunges	4	10			4	10			4	10			4	10			5-7
	Deadbugs			3		:30	:60	3		:30	:60	3		:60	:60	3		:60	:60	7-8
Superset 2	Medicine Ball Overhead Press	Dumbbell Shoulder Press	Kettlebell Overhead Press	3	10			3	10			3	10			3	10			7-8
	Dumbbell Deadlifts	Kettlebell Deadlifts	Trap Bar Deadlifts	3	8			3	8			3	8			3	8			7-8
	Plank	Spiderman Plank	Spiderman Plank Push Up	3		:30	:60	3		:40	:60	3		:50	:60	3		:60	:60	7-8
Superset 3	Push Ups on Knees	Push Ups	Decline Push Ups	4	8			4	8			4	8			4	8			7-8
	Lat Pulldowns	Band Pull Ups	Pull Ups	3	8		:60	3	10		:60	4	8		:60	4	10		: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	Squat Jumps	Box Jumps	5	10			5	10			6	10			6	10			6-8
	Mountain Climbers	Bosu Mountain Climbers	TRX Mountain Climbers	5		:30		5		:30		6		:45		6		:45		6-8
	Farmer Carry	Rack Carry	Waiter Carry	5		30steps	:60	5		30steps	:60	6		30steps	:60	6		30steps	:60	6-8
Treadmill Intervals			6		:30	:30	6		:30	:30	8		:30	:30	8		:30	:30	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	12			4	12			6-8
	Push Ups on Knees	Push Ups	Plyo Push Ups	4	8			4	8			4	8			4	8			6-8
	TRX Plank	TRX Knee Ins	TRX Pikes	3		:60		3		:60		3		:60		3		:60		6-8
Superset 2	Dumbbell Bicep Curls	Cable Bicep Curl	Barbell Bicep Curl	3	10			3	10			4	10			4	10			6-8
	Band Tricep Extensions	Cable Tricep Extensions	Dumbbell Skull Crushers	3	10			3	10			4	10			4	10			6-8
	Band Pallof Press	Cable Pallof Press	Lateral Pallof Press	3	10		:60	3	10		:60	4	10		:60	4	10		:60	6-8
Superset 3	Hand Kettlebell Swing	Single Arm Kettlebell Swings	Double Kettlebell Swings	3	10			3	10			3	15			3	15			6-8
	Single Leg Squats Bench	TRX Pistol Squats	Pistol Squats	3	8		:60	3	8		:60	4	8		:60	4	8		: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		
Tread Group Exercise Class					45min				45min				45min				45min			8-9

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