



WORKOUT OF THE MONTH - APRIL

STRENGTH

Provided by Nikki Georgeson, Elite Trainer, FFC West Loop

Movement Highlight

Rowing

First, set resistance appropriately, between 1 (lowest) and 10 (highest). A good starting point for beginners is between 3-5. Grab the handle, bend your knees while keeping your back long and straight, hinge at your hips, with your torso leaning forward. Push off of the foot plate into a full leg extension, keeping your core tight to stabilize your back while pulling the handle inward until it reaches just below your chest.



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

Rowing Challenge
See how far you can go in 1 minute.

	Day 1	Day 30
Meters		

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 Medicine Ball Slam	Water Pail Toss	Rotational Slam	3	5			3	5			2	5			4	5			6-7
Glute Bridges	Elevated Glute Bridges	Single Leg Glute Bridges	3	5			3	5			2	5			4	5			6-7
Hip CARS	Hip CARS	Hip CARS	3	5ea			3	5ea			2	5ea			4	5ea			6-7
Superset 2 Body Weight Squat	Medicine Ball Squat	Kettlebell Squat	3	8			3	8			2	8			4	8			7-8
TRX ISO Row	TRX Inverted ISO Row	BB Inverted ISO Row	3		:30		3		:30		2		:30		4		:30		7-8
Superset 3 Push Up Plank Hold	Negative Push Up	Push Up ISO Hold	3	5			3	5			2	5			4	5			7-8
Farmer's Carry	Kettlebell Rack Carry	Overhead Kettlebell Carry	4		:30		4		:30		4		:30		4		:30		7-8
Bear Crawls	Lateral Bear Crawl	Circle Bear Crawl																	

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	
250m Row	350m Row	450 m Row																	5-6
Glute Bridges	High Bridge	Crawl to High Bridge			2 min				2 min				2 min				2 min		5-6
Inch Worms	Inch Worms	Inch Worms																	5-6
Rope Slams/Mountain Climbers/Sled Sprint	Rope Slams/Mountain Climbers/Sled Sprint	Rope Slams/Mountain Climbers/Sled Sprint	3		2 min		3		2 min		3		2 min		3		2 min		7-8

Pilates Exercise of the Month:

Corkscrew. Lay on the mat with arms to sides on mat and legs extended to the ceiling (90 degrees). Circle the legs from one side, forward, around to the other side and return to starting position. Reverse. 5-10 repetitions in each directions.

Nutrition Tip of the Month:

Simple Carbs are your friend: Before, during and after your runs! Simple carbohydrates are easily digested and absorbed giving your body the energy you need to keep up with your training. Examples include: Fresh fruit, honey, fig cookies, pretzels, crackers, chocolate milk and electrolyte beverages with sugar.

Smoothie of the Month:

Creamsicle

Recover with orange juice, vanilla whey and banana.

Group Exercise Class of the Month:

DIY (Do It Yourself). No equipment necessary! This total body conditioning class can be done anywhere. Using your own body weight to elevate heart rate, increase strength and endurance all in this Do It Yourself express workout.

ASK A TRAINER FOR ASSISTANCE!

VISIT [FFC.COM/MONTHLY-WORKOUT](https://www.ffc.com/monthly-workout) 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	
Medicine Ball Slam	Medicine Ball Slam	Medicine Ball Slam	3	18			3		:15		3	12			3	12			7-8
Hollow Body Hold	Hollow Body Rocking	Hollow Body Crunch	3		:15		3		:15		3		:20		3		:20		7-8
Shoulder CARS	Shoulder CARS	Shoulder CARS	3	2ea			3	2ea			3	2ea			3	2ea			6-7
RB Pull Throughs	Kettlebell Dead Lift	Hex Bar Dead Lift	3	8		:45	3	8		:45	2	8		:45	4	8		:45	7-8
Push Up	Floor Dumbbell Chest Press	Bench Press	3	18		:45	3	15		:45	3	12		:45	3	12		:45	7-8
Barbell Chin Row	Negative Chin Up	RB Assisted Chin Up	2	2ea			2	2ea			2	2ea			2	2ea			6-7
Farmer's Carry	Kettlebell Racked Carry	Overhead Kettlebell Carry	4		:30		4		:30		4		:30		4		:30		7-8
Bear Crawl	Lateral Bear Crawl	Circle Bear Crawl																	

Superset 1
Superset 2
Superset 3

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	
Jump Rope/Row/Bike			6		:30	:15	6		:30	:15	6		:30	:15	6		:30	:15	6-7
Kettlebell Hike	Power Swing	Kettlebell Swings	5		:30	:30	5		:30	2 min	5		:30	2 min	5		:30	2 min	7-8
Farmer's Carry	Rack Carry	Overhead Carry	5		:30	2 min	5		:30	2 min	5		:30	2 min	5		:30	2 min	6-8
Get Ups	Get Ups	Get Ups	5	5			5	5			5	5			5	5			6-7

Superset 1

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	
Band Walks	Band Walks	Band Walks	3		:30		3		:30		3		:30		3		:30		6-8
Medicine Ball Slam	Medicine Ball Slam	Medicine Ball Slam	3	10			3	10			3	10			3	10			6-8
Dead Bug Heel Taps	Dead Bug Full Taps	Dead Bugs	3	10			3	10			3	10			3	10			6-8
Split Squat	Reverse Lunge	Offset Reverse Lunge	3	10		:30	3	10		:30	2	8		:30	4	8		:30	6-8
1/2 Kneeling Wood Chop	1/2 Kneeling Wood Chop	1/2 Kneeling Wood Chop	3	5ea			3	5ea			2	5ea			4	8			6-8
TRX ISO Row	TRX Inverted ISO Row	BB Inverted ISO Row	3		:30		3		:30		2		:30		4		:30		6-8
90/90	90/90	90/90				2 min				2 min				2 min				2 min	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	
DIY Group Fitness Class					45min				45min				45min				45min		8-9

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