



# WORKOUT OF THE MONTH - JANUARY

## STRENGTH

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	
Beginner	Intermediate	Advanced	Week 1		Week 2		Week 3		Week 4		Week 3		Week 4							
			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
Superset 3	Side Plank	Side Plank Leg Lift	Side Plank Crunch	3		:30		3		:40		3		:50		3		:60		7-8
	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	10 <sub>ea</sub>		:60	3	10 <sub>ea</sub>		:60	3	15 <sub>ea</sub>		:60	3	15 <sub>ea</sub>		: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		Week 3		Week 4							
			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

#### Pilates Exercise of the Month:

##### Criss Cross

Lying on your back, lift your head and shoulders with hands behind head. Bend one knee into the chest and extend the other leg to 45 degrees. Twist the opposite shoulder towards the bent knee. Change legs. 5-8 repetitions each leg.

#### Nutrition Tip of the Month:

Meal timing & frequency are crucial when increasing strength. Eat a complete meal within 1 hour after training to allow optimal nutrient absorption for muscle repair & growth. Try spreading your calories throughout the day into 5-6 smaller, more frequent meals.

#### Smoothie of the Month:

##### The Resolution

Recover with pineapple puree, vanilla whey, get lean, kale, spinach and lemon juice.

#### Group Exercise Class of the Month:

TREAD. This class is conducted entirely on the treadmill and designed to accommodate all fitness levels of walkers and runners. Experience the different combinations of inclines and speeds for an entertaining workout.

ASK A TRAINER FOR ASSISTANCE!

VISIT [FFC.COM/MONTHLY-WORKOUT](http://FFC.COM/MONTHLY-WORKOUT) FOR MORE INFORMATION

## DAY 3 - RESISTANCE

			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115					
Choose your exercise level:			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	RPE Scale	
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

			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115					
Choose your exercise level:			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	RPE Scale	
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

			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115					
Choose your exercise level:			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	RPE Scale	
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					
Choose your exercise level:			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	RPE Scale	
Tread Group Exercise Class					45min				45min				45min				45min			8-9

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