



WORKOUT OF THE MONTH - MARCH

STRENGTH

Provided by Tyler Sutphen, Elite Trainer, FFC Union Station

Movement Highlight

Hollow Body Floor Press

Lie on the ground with your legs straight, core tight, and a kettlebell in each hand. Your feet and head should be elevated 6" off the ground. Holding the kettlebells straight over your chest, bring your elbows down in a controlled motion until they are parallel to the ground before returning to the starting position.



Hollow Body Floor Press Challenge

See how many reps you can do in 1-minute.

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				
			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	TRX Reverse Lunge	Landmine Split Squat	3	15			3	12			5	5			3	15			6-8
	Dumbbell Shoulder Press	Single Arm Kettlebell Strict Press	3	15		:45	3	12		:45	5	5		:45	3	15		:45	6-8
Superset 2	Kettlebell Deadlift off a Platform	Hex Bar Deadlift	3	12			5	5			3	15			3	12			6-8
	TRX Rows	Machine Assisted Pull Up	3	12		:45	5	5		:45	3	20		:45	3	12		:45	6-8
Superset 3	TRX Push Ups	Kettlebell Floor Press	5	7			3	15			3	20			5	7			6-8
	TRX Face Pulls	Kettlebell Bent Over Rows	5	7		:45	3	15		:45	3	20		:45	5	7		:45	6-8
	Med Ball Slams	Battle Rope Waves	4	20		:45	4	25		:45	4	30		:45	4	40		:45	6-8

DAY 2 - CARDIO

Choose your exercise level:			MEPs: 75-100				MEPs: 80-105				MEPs: 85-110				MEPs: 90-115				
			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
Elevated Mountain Climbers	Leopard Crawls	Kettlebell Swings	8		:20	:40	8		:20	:30	8		:20	:20	8		:20	:10	7-8
Body Weight Squats	Med Ball Rotational Slams	Kettlebell Swings	4	20		:45	4	20		:45	4	25		:45	4	25		:45	7-8
Battle Rope Side to Sides			4	20		:45	4	20		:45	4	20		:45	4	20		:45	7-8

Pilates Exercise of the Month:

Open Leg Rocker (5-10 repetitions)
Sit with knees bent and legs in a V-shape. Arms in between the knees and hands take hold of the ankles. Lean back and extend both legs to a "V" shape. Curve the lower back and roll to the tips of the shoulder blades. Rock back to starting position.

Nutrition Tip of the Month:

It is possible to consume enough protein through plants for muscle growth and performance. If you're looking to move toward a plant-based diet, include a variety of beans, peas, nuts, seeds, and soy protein in your meals to reap the benefits of both micronutrients and macronutrients.

Smoothie of the Month:

Shamrockin'

Recover with unsweetened almond milk, matcha mint chip, whey protein and mint.

Group Exercise Class of the Month:

Urban Athlete. Get in on the rope training trend! This total body circuit class keeps you moving through a selection of challenging anaerobic and aerobic drills. Achieve a higher level of fitness and explore the athlete in you!

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		
Superset 1	Bosu Glute Bridge	Thrusters	Kettlebell Cleans	3	15			3	12			5	5			3	10			6-8
	Goblet Squat	Kettlebell Swings	Double Kettlebell Swings	3	15		:45	3	12		:45	5	5		:45	3	12		:45	6-8
Superset 2	Floor Press	Towel Cable Rows	Kettlebell Heartbeat Squats	3	12			5	5			3	20			3	12			6-8
	Single Arm Rows	Stability Ball Pushups	Barbell Romanian Dead Lift and Row	3	12		:45	5	5		:45	3	20		:45	3	12		:45	6-8
Superset 3	TRX Bicep Curls	TRX IYT's	Plank Pull Throughs	5	7			3	20			3	12			5	7			6-8
	TRX Tricep Extensions	Kneeling Single Arm Landmine Press	Hyperextensions	5	7		:45	3	20		:45	3	12		:45	5	7		:45	6-8
	Farmer Carry (steps)	Kettlebell Racked Carry	Overhead Kettlebell Carry	4	20		:45	4	30		:45	4	40		:45	4	50		:45	6-8

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	250m Row	350m Row	500m Row	5				5				8				8				6-8
	Body Weight Squats	Burpees	Kettlebell Thruster	5	12			5	12			8	12			8	12			6-8
	Jumping Jacks	TRX Rows	Pull-Ups	5	12		2 min	5	12		2 min	8	12		2 min	8	12		2 min	6-8
	Mountain Climbers	Knee Grabs	Kettlebell Snatches	5	12			5	12			8	12			8	12			6-8
		Kettlebell Swings	Burpees	5	12		:45	5	12		:45	8	12		:45	8	12		:45	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		
	Box Step Ups	Dumbbell Bulgarian Split Squats	Turkish Get-Ups	3	6		:45	3	6		:45	3	6		:45	3	6		:45	6-8
	Bosu Glute Bridges	Kettlebell Deadlifts	Deadlifts	5	5		:45	5	5		:45	5	5		:45	5	5		:45	6-8
	Machine Chest Press	Towel TRX Rows	TRX Chin Ups	5	5		:45	5	5		:45	5	5		:45	5	5		:45	6-8
	Stability Ball Leg Curls	Bosu Push Ups	Kneeling Kettlebell Strict Press	3	12		:45	3	12		:45	3	12		:45	3	12		:45	6-8
	Chest Supported Alternating Row Machine	TRX with Pulls	TRX Alligators	3	12		:45	3	12		:45	3	12		:45	3	12		:45	6-8
	Cable Twists	Cable Palloff Press	Battle Rope Russian Twists	4	20		:45	4	20		:45	4	20		:45	4	20		:45	6-8
	Stability Ball Sit Ups	Ab Rollout	Battle Rope Waves with Reverse Lunges	4	20		:45	4	20		:45	4	20		:45	4	20		:45	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		
	Urban Athlete				45min				45min				45min				45min			8-9