

FFE WEEKLY WORKOUT

DAY 1 LEGS

10 min cardio warm-up

Back or DB squat 3x12

Step ups with DBs 3x10

Straight leg RDL 3x12

Bulgarian split squat 3x10

Front or goblet squat 3x10

Walking lunges 3x10

DAY 4 CHEST

15–25 min cardio warm-up

Incline DB press 3x12

Incline DB chest fly 3x12

Incline DB curl 3x10

Hex press 3x12

Seated hammer curl 3x12

DB front raise, palms up 3x10

Push up 3x10

DAY 2 BACK

15–25 min cardio warm-up

Clean to press 3x12 (barbell alone or DBs)

Push press 3x10

Bent over row 3x10–12

Lying DB pull overs 3x12

Lying tricep extension 3x10

Narrow grip lat pull down 2x15

Squatted row 2x15

DAY 5 SHOULDERS

15–25 min cardio warm-up

Leaning single arm lateral raise
3x10 each

Upright row 3x12

Incline rear delt fly 3x12

Incline pronated high row 3x12

Lying shoulder press 3x12

Front raise 2x20

Bent arm Ws 2x20

DAY 3 GLUTES

10 min cardio warm-up

Banded side steps 10 each

Hip thrust 3x10–20

Fire hydrants 3x15

Standing kick backs (banded or cables)
3x12

Single leg RDL 3x12

Seated banded abduction 3x20

Donkey kicks 3x20

DAY 6 MOVE!

Options:

- Incline walking 45 min
- Run or jog 25–45 min
- Elliptical 45 min
- Stairmaster 30 min
- HIIT workout:
 - 10 Burpees
 - 25 Jump squats
 - 25 Mountain climbers
 - 20 split squat jumps
 - 10 push ups
 - REPEAT 4X AS FAST AS POSSIBLE