

20-4-7 Program

Train with Coach Kwene in TFGG App! <3

20 minutes / workout

4 days / week

7 weeks of training

Program Breakdown:

Legs & Glutes

Upper Body

Met Con

Core

WEEK SEVEN

Legs & Glutes

Warm-up

- Skaters x 40 seconds
- In and Out Jumps x 40 seconds
- High Knee Drives x 20 seconds / leg
- Squat Reach Pattern x 40 seconds

Flow Prep

Forward fold to Monk

Downdog with Heel Raises

Braced Lunge Stretch to WGS

Banded Bridge w/ Pull Apart x 12

Banded Bodyweight Tempo Squat x 5

Circuit no. 1

3 sets w/ 60 sec break b/w each

- A. Banded Tempo Goblet Squat x 8
- B. Heavy Elevated Split Squat x 10 / leg
- C. Banded Wall Sit Pull-Aparts x 60 seconds

Circuit no. 2

2x sets w/ 45 sec rest

- A. Sumo RDL x 20
- B. Alternating Single-leg Hip Thrust x 20
- C. Slider Hamstring Curls x 15

Finisher:

Paused Jump Squats x 12

Upper Body

Warm Up

- Row Jacks
- Mountain Climbers w/ push-up x 45 seconds
- Bum Kick Punches x 45 seconds

Warm Up

Flow Prep

Banded shoulder opener to pull apart

Banded Upright Row

Downward Dog to Tabletop Hover

Child's pose shoulder opener

Prone Around the Worlds

Lying release push-ups

Circuit no. 1 (3 sets)

- A. Paused Push-up x 10
- B. Incline Push-up x 10
- C. Modified Push-up x 10
- D. Mod Push-up Pulses x 20 seconds

Circuit no. 2 (3 sets)

- A. Pause Upright Row x 12
- B. Reverse Fly x 15
- C. Banded Prone Pull-down x 12

Finisher:

Seated Shoulder Press x 60 sec

Alt Bent Row x 60 sec

Core

Warm Up

Resistance March x 60 seconds
Walkout to Spiderman Plank x 60 seconds
Lateral high knees x 30 seconds

Flow Prep

Knee Circles
Rainbow Reach
Downward Dog to Push-up
Child's Pose to Cobra
Lateral Bear Crawl
Brace / Release (in mod hollow body)

Circuit no. 1

3 sets w/ 45 sec break b/w each

- A. Slider Plank Saw x 45 seconds
- B. Plank to Tabletop Jumps x 45 seconds
- C. Scissors x 45 seconds

Circuit no. 2

2 sets w/ 60 sec break b/w each

- A. Decline Spiderman Plank x 45 seconds
- B. Twist to Tuck x 60 seconds

Met Con

Warm Flow Prep

- Jumping Jacks x 40 seconds
- High Knees x 40 seconds
- Mountain Climbers x 40 seconds
- Bodyweight Split Squat Thrusters x 6 / leg
- Lunge Stretch w/ Arms Overhead + Hip Drives x 8 / leg
- Down Dog Calf Raises x 8
- Lunge Hip Circles x 8 / leg
- Wall Calf Stretch x 20 seconds ish / leg

Giant Circuit

3 sets w/ 60 sec break b/w each

- A. Squat Thrusters x 20
- B. Speed Tuck Jumps x 20
- C. Plank Jacks x 45 seconds
- D. KB Swings x 20
- E. Lateral High Knees to Burpee x 60 seconds