

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 THREE

Upper Body

Warm Up

- Row Jacks x 45 seconds
- Mountain Climbers x 45 seconds
- Bum Kick Punches x 45 seconds

Warm Up

Flow Prep

Shoulder Circles x 10

Banded Shoulder Opener to Pull-apart x 10

Superman to Lying Push-up x 6

Bodyweight Tabletop Row x 8/side

Circuit no. 1

3 sets w/ 45 second break between each

- A. Down Dog Push-ups x 10 reps
- B. Tabletop Row x 8 reps / arm
- C. Upright Row x 12 reps

Circuit no. 2 (complete 3 sets)

- A. Iso Lateral Hold w/ Press x 8 reps / arm
- B. Superman x 8 reps

Finisher: Bicep / Tricep Countdown x 90 seconds

*Hinged Tricep Extension x 10 / 9 / 8...

*Bicep Curl x 10 / 9 / 8...

Legs & Glutes

Warm-up

- Skaters x 40 seconds
- Alternating Reverse Lunges x 40 seconds
- Shuffle Hops x 40 seconds
- High Knee Drives x 20 seconds / leg

Flow Prep

Forward Fold to Monk x 4

Downdog with Heel Raises x 8

Lunge Stretch

Squat Reach Pattern x 10

Light Weight RDL x 15

Superset no. 1

3 sets w/ 45 second break b/w each

- A. Paused Goblet Squat x 10
- B. RDL x 12 - 15 reps

Superset no. 2

3 sets w/ 45 second break b/w each

- A. Split Squats x 12 reps / leg
- B. Lying Leg Raise x 60 seconds / leg

Finisher:

Lateral Jump Squats x 60 seconds

Core

Warm Up

Twist Knee Drives x 30 seconds / side

Walkout to Plank Jacks x 60 seconds

Lateral High Knees x 30 seconds

Flow Prep

Hip Circles x 10

Rainbow Reach x 4/side

Plank to Cobra x 4

Spiderman Plank to Cobra x 4

Tabletop Arm Reaches x 4/arm

Leg Switches x 12

Circuit no. 1

3 sets w/ 45 sec break b/w each

- A. Tricep Push-up to Squat Thruster x 60 seconds
- B. Banded Plank Toe Taps x 60 seconds
- C. Leg Switches to Reach Ups x 45 seconds

Circuit no. 2

2 sets w/ 60 sec break b/w each

- A. Hollow Body Hold x 30 seconds
- B. Glute Bridge Pull Aparts x 60 seconds
- C. Side Plank Kicks x 40 seconds / side

Met Con

Warm Flow Prep

- Alternating Jacks x 40 seconds
- High Knees x 40 seconds
- Striders to In & Out x 40 seconds
- Bodyweight Lunge Thrusters x 6 / leg
- Lunge Stretch w/ Arms Overhead + Hip Drives x 8 / leg
- Knee Hug w/ Ankle Circles x 30 seconds / side
- Wall Calf Stretch x 20 seconds ish / leg

Giant Circuit

3 sets w/ 60 second break b/w each

Set 1 & 2 = 60 seconds / exercise

Set 3 = 45 seconds / exercise

- A. Hop to Tuck Jump
- B. Lunge Thrusters
- C. Knee Drive Skaters
- D. Explosive Tabletop to Plank
- E. Bound w/ Shuffle

WEEK FOUR

Legs & Glutes

Warm-up

- Skaters x 40 seconds
- Alternating Lateral Squats x 40 seconds
- High Knee Drives x 20 seconds / leg
- Speed Squats to toes x 40 seconds

Flow Prep

Forward Fold to Monk x 4

Downdog with Heel Raises x 8

Tabletop Hip CARS x 5/side

Lunge Stretch to Bodyweight Split Squat x 2/side

Squat Reach Pattern x 10

Glute Bridge Pull Apart x 20

Superset no. 1

3 sets w/ 45 second break b/w each

- A. Tempo Goblet Squat x 8 reps
- B. Elevated Split Squat x 10 reps / leg + 10 pulses

Superset no. 2

2 x paired sets with no rest

- A. Single-leg Thrust x 12 reps
- B. Assisted SL RDL x 12 reps / leg

Finisher:

Wall Sit x max time hold

Upper Body

Warm Up

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

Warm Up

Flow Prep

Shoulder Circles x 10
Banded Opener to Pull Apart x 10
Superman to Lying Push-up x 6
Bodyweight Tabletop Row x 8/side

Circuit no. 1

Complete 3 sets w/ 45 second rest

- A. Iso Push-up hold x 20 seconds
- B. Max Push-ups x 60 seconds (modify to knees when needed)
- C. Chest Flies (w/ knees up) x 15 reps

Circuit no. 2

Complete 3 sets w/ 45 second rest

- A. Alternating Bent Row (5) - Upright Row (5) x 3 rounds
- B. Tempo Prone Pull-down x 8 reps

Finisher:

Bicep Extension x 10 reps

Lateral Raise x 10 reps

*max rounds in 2 minutes

Met Con

Warm Flow Prep

- Alternating Jacks x 40 seconds
- High Knees x 40 seconds

- Striders to In & Out x 40 seconds
- Bodyweight Lunge Thrusters x 6 / leg
- Lunge Stretch w/ Arms Overhead + Hip Drives x 8 / leg
- Knee Hug w/ Ankle Circles
- Wall Calf Stretch x 20 seconds / leg

Giant Circuit

3 sets w/ 60 sec break b/w each

Set 1 & 2 = 60 seconds / exercise

Set 3 = 45 seconds / exercise

- A. Box Tuck Jumps
- B. Lunge Knee Drives
- C. Lateral High Knees to Burpee
- D. Tabletop Kick Throughs
- E. Squat Thrusters

Core

Warm Up

Twist Knee Drives x 30 seconds / side

Walkout to Spiderman Plank x 60 seconds

Lateral High Knees x 30 seconds

Flow Prep

Hip Circles x 10

Rainbow Reach x 4/side

Downward Dog to Plank x 4

Child's Pose to Cobra x 4

Bear Crawl x 45 seconds

Brace / Release (in mod hollow body) x 30 seconds

Circuit no. 1

3 sets w/ 45 second break b/w each

- A. Renegade Row to Tabletop Row x 10
- B. Banded Deadbug x 60 seconds
- C. Eagle Wipers x 45 seconds

Circuit no. 2

2 sets w/ 60 second break b/w each

- A. RKC Plank x max time hold
- B. Side Plank Press x 15 reps / side
- C. Hollow Body Leg Raises x 30 seconds / leg