

# 20-4-7 Program

Train with Coach Kwene in TFGG App! <3

Level: Intermediate

20 minutes / workout

4 days / week

7 weeks of training

## Program Breakdown:

Day 1: Legs & Glutes

Day 2: Upper Body

Day 3: Met Con

Day 4: Core

## WEEK ONE

### 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

Knee Pulls x 5 / leg

Knee Circles x 10 / leg

Walkout to Downward Dog to Low Lunge Stretch x 1 / leg

Walkout to Downward Dog to Runner's Lunge x 1 / leg

Monk Stretch to Bodyweight Squats x 10 reps

#### Superset no. 1

3 sets w/ 45 sec break b/w each

- A. Pause Goblet Squat x 10 reps
- B. Banded Bodyweight Thrust w/ Pulse Out x 15 reps

### **Superset no. 2**

3 sets w/ 45 sec break b/w each

- A. RDL to Reverse Lunge x 60 seconds
- B. Hamstring Walk Outs x 60 seconds

### **Finisher:**

Banded Lateral Walk (3 steps) to Banded Speed Squat (3 reps) x 90 seconds

## **Upper Body**

### **Warm Up**

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

### **Flow Prep**

Shoulder Circles x 10 / direction

Shoulders Pulses x 10 / direction

Walkout to Plank to Tabletop x 4 reps

Superman to Lying Push-up x 6 reps

### **Superset no. 1**

3 sets w/ 45 sec break b/w each

- A. Incline Push-ups x 10 reps
- B. Single/Single/Double Row x 10 reps

### **Superset no. 2**

3 sets w/ 45 sec break b/w each

- A. Single/Single/Double Press x 10 reps
- B. T Pulses + W Pulses x 30 seconds each

### **Finisher**

Lat Raise

Front Raise

Curl

Punch

+ 1 rep each of each movement

x 90 seconds with no rest

## **Met Con**

### **Warm Flow Prep**

- Jumping Jacks x 40 seconds
- Skaters x 40 seconds
- In & Out Jumps x 40 seconds
- Reverse Stability Lunges x 6 / leg
- Lunge Stretch w/ Arms Overhead x 1 / leg
- Pendulum Swings x 10 / leg
- Wall Calf Stretch x 20 seconds / leg

### **Giant Circuit**

Complete 3 sets w/ 60 sec break b/w each set

Set 1 & 2 = 60 seconds / exercise

Set 3 = 45 seconds / exercise

- A. Release Push-up Burpees
- B. Jump Together Lunges
- C. Punch Jacks
- D. Leg Switch to Reach Up
- E. Lateral High Knees to Straight Jump

## **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 5 / direction

Rainbow Reach x 3 / side

Plank to Cobra x 4 reps

Spiderman Plank to Cobra x 4 reps

Tabletop Knee Lifts x 8 reps

Bent Leg Switches x 10 reps

### **Circuit no. 1 (lower / core)**

3 sets w/ 45 sec break b/w each

- A. Plank to Squat x 45 seconds
- B. Bear Crawl x 45 seconds
- C. Side plank pulses x 30 sec / side

### **Circuit no. 2 (upper / core)**

2 sets w/ 60 sec break b/w each

- A. Renegade Row x 8 / arm
- B. Weighted Dead Bug x 60 seconds
- C. V Sit Chest Press x 45 seconds

## **WEEK TWO**

### **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**

Knee Pulls x 5 / leg

Knee Circles x 10 / leg

Walkout to Downward Dog to Low Lunge x 1 / leg

Walkout to Downward Dog to Runner's Lunge x 1 / leg

Glute Bridges x 15

Monk Stretch to Bodyweight Squats x 10 reps

#### **Superset no. 1**

3 sets w/ 45 sec break b/w each

- A. Banded Goblet Squat x 12 reps
- B. Banded Hip Thrust x 15 reps

#### **Superset no. 2**

3 sets w/ 45 sec break b/w each

- A. Sumo RDL x 15 reps
- B. Reverse Stability Lunges x 12 reps / leg

**Finisher:**

Banded Wall Sit Pull-aparts x 60 seconds

## Upper Body

### Warm Up

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

### Flow Prep

Shoulder Circles x 10 / direction

Shoulders Pulses x 10 / direction

Walkout to Plank to Tabletop x 4 reps

Superman to Lying Push-up x 6 reps

### Superset no. 1

3 sets w/ 45 sec break b/w each

- A. Paused Incline Push-ups x 8 reps
- B. Bent Row w/ Iso Hold x 8/8/8

### Superset no. 2

3 sets w/ 45 sec break b/w each

- A. Arnold Press x 12 reps
- B. Prone Pull-down x 10 reps

### Finisher (same as last week but 2x reps each)

Lat Raise

Front Raise

Curl

Punch

- + 2 reps of each exercise
- x 90 seconds with no rest

## **Met Con**

### **Warm Flow Prep**

- Jumping Jacks x 40 seconds
- Skaters x 40 seconds
- In & Out Jumps x 40 seconds
- Reverse Stability Lunges x 6 / leg
- Lunge Stretch w/ Arms Overhead x 1 / leg
- Pendulum Swings x 10 / leg
- Wall Calf Stretch x 20 seconds / leg

### **Giant Circuit**

Complete 3 sets w/ 60 sec break b/w each exercise

Set 1 & 2 = 60 seconds / exercise

Set 3 = 45 seconds / exercise

- A. Mountain Climber Burpees
- B. Jump Together Lunges
- C. Banded Shuffle
- D. Bear Crawl
- E. Lateral High Knees to Tuck Jump

## **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 5 / direction

Rainbow Reach x 3 / direction

Plank to Cobra x 6 reps

Spiderman Plank to Cobra x 6 reps

Tabletop Knee Lifts x 10 reps

Bent Leg Switches x 10 reps

### **Circuit no. 1 (lower / core)**

3 sets w/ 45 sec break b/w each

- A. Plank Jacks (3) to Jump Squat x 60 seconds
- B. Banded Glute Bridge March x 60 seconds
- C. Plank Kickbacks x 40 seconds

**Circuit no. 2 (upper / core)**

2 sets w/ 60 sec break b/w each

- A. Tabletop Row x 10 reps / arm
- B. Leg Switches x 60 seconds
- C. Side Plank Raises x 40 seconds / side