

TFCG

the fit girl gang

BLOCK

1

Weeks 1 & 2

General Guidelines

TFGG LIFT has been carefully designed to teach you how to incorporate fundamental lifts into your training like a boss. Now that you've mastered the fundamentals of training, you are going to learn how to perform major lifts with beautiful form and move significantly heavier amounts of weight. It goes without saying how intimidating it can be to do exercises like squats and pull-ups! Watching a video you've seen on Instagram and trying to imitate it, or copying someone you see at the gym isn't going to teach you what you need to properly understand how to perform these movements. TFGG LIFT was created to help you understand how to lift safely and get the most out of every single movement!

This program combines heavier lifts with explosive movements and HIIT cardio. Over the next 10 weeks, you will have everything you need to get stronger, leaner, faster, and more physically capable than you've ever been in your life.

Before you dive into this program, I want to make it very clear who **SHOULDN'T** be doing TFGG LIFT. Please read through the following and be very honest with yourself. It is extremely important to me that you train in a way that best suits **YOU**: Your fitness level, your body, and your goals.

- This program is not for you if you have any serious mobility issues or injuries. Adding heavy weight to a movement pattern that is already flawed is only going to make the issue worse. Please go see a Physiotherapist or Athletic Therapist and have them help you work to improve your movement patterns before beginning TFGG LIFT (or any other workout program for that matter).
- This program is not for you if you really struggled with TFGG Original & Upgrade. Let me be clear: Yes they were designed to be difficult (that was the whole point!) but if you couldn't do the exercises properly with good form or make it through the majority of workouts, then TFGG LIFT is not for you just yet. Please go back to one of the previous programs and complete it with confidence before you move on to this one. The goal is to get those movements down and feel like a boss, before incorporating heavier, more complex exercises.
- This program is not for you if you want to do a bodybuilding or a powerlifting program. Yes, this will make you stronger and more toned, but TFGG LIFT has been designed following the TFGG training principles and therefore not going to prepare you for a bodybuilding or powerlifting competition.

Equipment Required

- Dumbbells
- Barbell
- Plates
- Squat Rack
- Pull-up Bands
- Bench or Box
- Stability Ball
- Glute Band
- Treadmill (unless you choose to do your cardio outdoors!)

Are you ready? Let's do this.

Legs and Glutes

Warm Up

- Start with 5 minutes of moderate intensity cardio to elevate your heart rate and get your blood flowing. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, calves, hamstrings, and anything else that is sore or feels tight. (Remember to check the TFGG Foam Rolling Reference for how to do it most effectively).

Movement Preparation

1. LUNGE W/ REACH X 6/ LEG



2. MONK STRETCH X 2 REACHES/SIDE



3. DOWNWARD DOG X 30 SECONDS



4. BODY-WEIGHT SQUATS X 12



Movement Preparation

5. BARBELL ONLY SQUATS X 12



6. BODY-WEIGHT HIP THRUSTS X 12



7. BANDED LATERAL TAPS X 30 SECONDS/LEG



NOTE:

Making sure your glutes are fully activated before training them is essential. If this movement prep wasn't quite enough to get your glutes fired up, go check out the Glute Activation Exercise Videos. Play around with them to figure out what works best for YOUR GLUTES (every person is unique) and add your favourite activations into your Legs & Glutes Movement Prep each week.

Legs and Glutes

Superset no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. BACK SQUATS X 12



B. BARBELL HIP THRUSTS X 12



- You will need to safely increase the weight on the bar until you reach your working weight. It's dangerous to just throw lots of weight on the bar and begin, so slowly work up to what will be your actual "working weight" for the 3 sets of 12 reps you have today. For example, if your working weight is going to be 95lbs, you should do 1 set @75lbs first. The heavier the working weight, the more warm-up sets necessary.
- Don't know what your working weight will be? That's okay! Use today as an opportunity to practice it and see what feels good. Don't be in a rush to go too heavy too fast!

Superset no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. DEADLIFTS X 12



B. REVERSE BARBELL LUNGES X 10/LEG



- You will need to safely increase the weight on the bar until you reach your working weight. It's dangerous to just throw lots of weight on the bar and begin, so slowly work up to what will be your actual "working weight" for the 3 sets of 12 reps you have today. For example, if your working weight is going to be 115lbs, you should do 1 set @75lbs and another @95lbs first. The heavier the working weight, the more warm-up sets necessary.
- Don't know what your working weight will be? That's okay! Use today as an opportunity to practice it and see what feels good. Don't be in a rush to go too heavy too fast!

These are to be done with ALTERNATING legs. That means one rep on the right leg and then the next on the left.

Legs and Glutes

Circuit no. 1

- Complete 2 rounds
- No rest between rounds

A. LATERAL BAND WALKS X 20/DIRECTION



B. JUMP LUNGES X 15/LEG



C. HEAVY DONKEY KICK X 20



***USE A DUMBBELL OR A BAND**

Stretch

- Spend at least 5 minutes post-workout stretching out all of the major muscles groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step.
- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to relax into each stretch.
- Check the TFGG Stretching Reference, to get the most out of your stretches.
- If you have time, complete the TFGG Full Body Flow.

5km Run

It's that time again! Okay, this might not be your fave (or who knows, maybe it is!) but we all know how accomplishing it is by now. You are going to hit the tread (or the trail) and re-test your 5km time. It's just like you've done before, only hopefully a little quicker and with a few more requirements!

Directions

- Choose your method: Whether you are going to run on a treadmill or outside, keep it consistent! **TREADMILL:** set the incline to 2.0 to mimic running outside. **OUTSIDE:** choose a path that you know is 5km and stick to it each time you do this run.
- Warm Up: Spend 5 minutes lightly jogging before beginning your run to warm up your body and prepare your heart for intense cardiovascular exercise.
- Round 3 New Challenge: This is a new goal for you now that this isn't so new anymore. No walking or stopping **AT ALL**. Don't freak out. You can slow down at any point, but try to keep it to a really slow jog where your body is still doing a "running motion". It's going to make it harder, but it'll feel that much more accomplishing once you complete it.
- Write it down: Record your final time down in your journal (along with today's date) so that you have it to compare against going forward. You are going to be down this challenge two times in Block 1 so make sure to write down both of your times.

Stretch

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- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to relax into each stretch.
- Check the TFGG Stretching Reference, to get the most out of your stretches.
- If you have time, complete the TFGG Full Body Flow.

Warm Up

- Start with 5 minutes of moderate intensity cardio to elevate your heart rate and get your blood flowing. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, calves, hamstrings, and anything else that is sore or feels tight. (Remember to check the TFGG Foam Rolling Reference for how to do it most effectively).

Movement Preparation

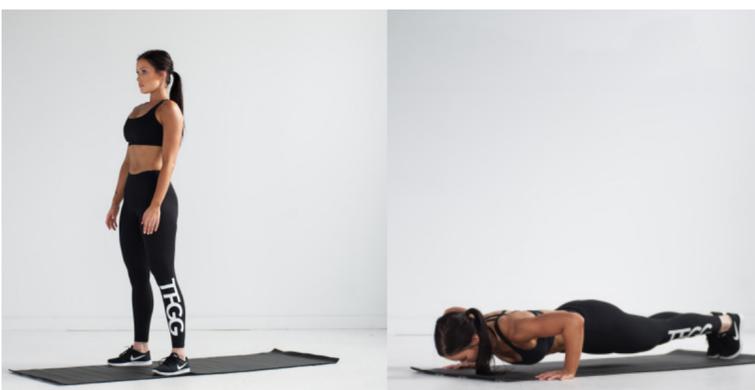
1. BAND PULL APARTS X 12



2. LUNGE W/ REACH X 6/LEG



3. WALKOUT TO PUSH-UP X 6



4. BEAR CRAWL (FRONT TO BACK) X 60 SECONDS



5. BANDED BODYWEIGHT SQUATS X 12



6. BARBELL ONLY RDLs X 15



*No weight on barbell

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. BANDED TEMPO GOBLET SQUATS X 8 (TEMPO: 3/3/1)



B. BARBELL RDLS X 15



C. WEIGHTED SINGLE-LEG HIP THRUSTS X 12/LEG



Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. PUSH-UPS X FAILURE



HOW TO DO PUSH-UPS TO FAILURE:

- Choose a plate between 5lbs - 45lbs depending on your current core and upper-body strength. Challenge yourself here. Make sure to record the weight of plate you choose! Place the plate on your low back and glutes while completing as many push-ups as you can with good form. Once you hit failure, drop to your knees and complete max modified reps with the plate still on you. Record reps of both toes and kneeling push-ups.

B. INVERSE ROW X 10



C. X-HOLD X FAILURE



* Make sure you increase the weight of the dumbbells you select from when you did this last.

Circuit no. 3

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. TILTED PLANK X 60 SECONDS



B. STABILITY BALL KNEE TUCKS X 15



C. V-SIT W/ DUMBBELL PUNCHES X 45 SECONDS



Stretch

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- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to relax into each stretch.
- Check the TFGG Stretching Reference, to get the most out of your stretches.
- If you have time, complete the TFGG Full Body Flow.

Internal Fitness

If there is one thing I hope you've taken away from being a part of The Gang, it's that without mental health there is no true physical health. It's easy to force ourselves to eat perfectly and train our faces off until we look like some girl on Instagram, but in order to truly be at peace with ourselves on the inside and outside, it's about so much more than that. We need to work on not only developing habits that get our body in shape, but our mind in shape too. My dream for you is to love yourself for who you truly are, and for us to learn that life is about more than attempting unrealistic perfection. The goal of our journaling today is all about stopping to appreciate where we are at in life RIGHT NOW, and being proud of the work and growth it's taken us to get here.

Journal

- When did you most feel like a boss in this past week?
- What is something you've done lately that's made you feel fulfilled and happy (big or small)?
- Is there a negative pattern or habit that you want to focus on breaking to improve your overall quality of life? What is one step you can take toward breaking it?
- What area of your life have you made clear growth in the past year? This can be related to anything: relationships, habits, self-talk, study habits.....
- Who is someone in TFGG that has made you smile or somehow motivated you this week? DM them and let them know.

Warm Up

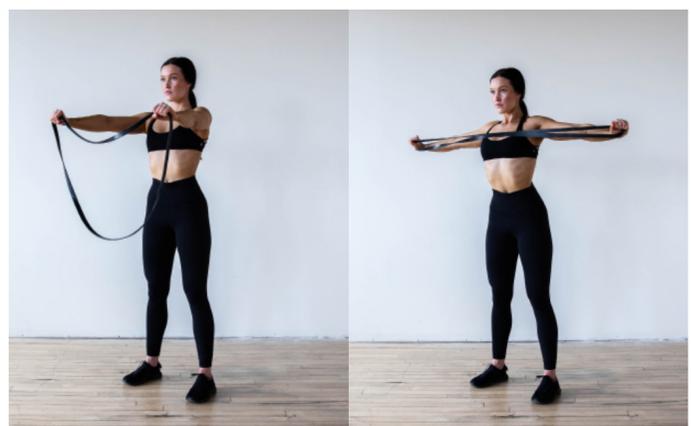
- Start with 5 minutes of moderate intensity cardio to elevate your heart rate and get your blood flowing. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, calves, hamstrings, and anything else that is sore or feels tight. (Remember to check the TFGG Foam Rolling Reference for how to do it most effectively).

Movement Preparation

1. CHEST OPENER X 30 SECONDS/ SIDE



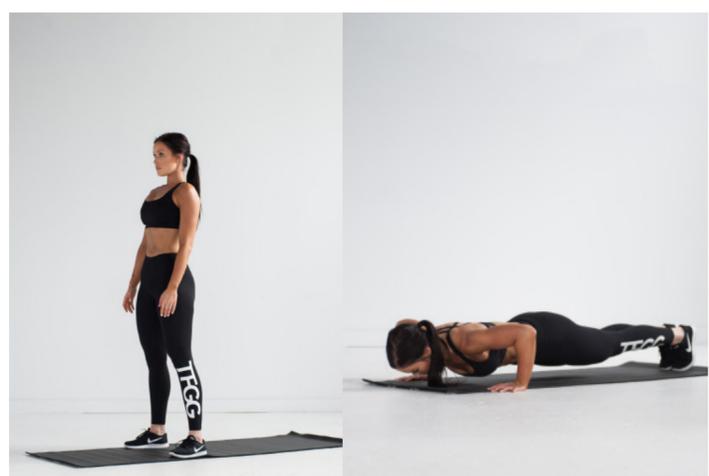
2. BAND PULL APARTS X 12



3. BAND RAISES X 6



4. WALKOUT TO PUSH-UP X 6



5. TILTED PLANK X 30 SECONDS



Movement Preparation

6. HEAVY RESISTANCE PULL-UPS X 10

*THESE SHOULD BE VERY SMOOTH AND NOT TOO CHALLENGING SO PUT AS MUCH WEIGHT AGAINST YOUR BODY-WEIGHT AS YOU NEED. THE PURPOSE IS TO ACTIVATE YOUR MUSCLES AND PREPARE YOUR MOVEMENT PATTERN FOR PULL-UPS BEFORE YOU BEGIN. - NOT CAPS

Pull-Up Training

The goal of today is to play around with your pull-ups for the first time. By doing this, we are going to determine your baseline for getting pull-ups DOWN. You have two choices: Train by using a variety of pull-up bands, or by using the pullup machine at your gym. NOTE: Both will work, however bands will more closely mimic an actual free pull-up as they force you to stabilize yourself in the same way. If you are more advanced, and close to actually getting free pull-ups I would recommend using bands if possible. If you are more of a beginner and need the machine to help stabilize yourself, I would begin with that. Realistically, both are great options and here is how to get started with each.

Option 1: Pull-Up Bands

My recommendation here is that you purchase 2 bands. One lighter (aka will give less resistance and make pull-ups harder) and one heavier (aka will give more resistance and make pull-ups easier). Then, you can use both of them together at the same time to give the most resistance and make them the very easiest. Make sense? Although there are lot's of great bands out there, I use the brand White Lion Athletics for myself and my clients. I typically use their purple band as a light band and their green band as a heavy band. Then I use them both together to be the heaviest. You may need to scale up or down from this based on your strength!

You will need to test to find the following:

Make sure to record each of the following numbers in your tracking sheet

What is the number of reps can I do on my lightest band?

What is the number of reps can I do on my heavier band?

What is the number of reps can I do on my heaviest band?

(Aka using both of my bands together)

Option 2: Pull-Up Machine

Pull-up machines are also great! If you are a beginner when it comes to building strength, or if you just don't want to invest in bands, than this baby will absolutely do the trick. Here's the thing: not all pull-up machines are alike. Most, will have the numbers listed in "lbs of resistance" (aka if you put the peg in 40, that would mean there is 40 pounds of resistance against your body weight). However, some will just be numbered "1,2,3,4" (increasing in weight but not actually telling you how many lbs of resistance). Either is fine, you just need to create a baseline with what you're working with and use the same version each time.

You will need to test to find the following:

Make sure to record each of the following numbers in your tracking sheet.

At what resistance is my 1 REP MAX?

At what resistance is my 5 REP MAX?

At what resistance is my 10 REP MAX?

Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. BARBELL OVERHEAD PRESS X 8



B. BARBELL BENT-OVER ROW X 10



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. TRICEP PUSH-UPS X 15



B. LATERAL RAISE X 15



C. REVERSE FLY X 15



Uphill Climb

- Go back and look at what pace you did this in your first week of TFGG. Take that pace and increase it by a minimum of 0.3MPH!
- For example: If you walked at a 15% incline for 20 minutes at 3.2 MPH, you will now walk at a minimum of 3.5MPH.

Directions

- Begin by setting the treadmill to its MAX incline. For a standard treadmill, this will be a 15.0% incline (note that if you have a specialized treadmill that goes higher, you do not need to raise it past 15.0%)
- You are going to walk uphill at this incline for 2 minutes! You need to choose a speed that is going to be difficult (ie. Breathing should be heavy and you should be sweating A LOT) but you should be able to maintain this speed the entire way through (or as close to it as possible.)
- Just before the 2 minute mark, you are going to increase the speed
- to your run pace. This should be as fast as you can possibly go for **1 minute!** Now is not the time to hold back as you get an entire minute to recover after.
- After 1 minute, step on the sides of the treadmill and give yourself a full minute to recover at rest. While you do, bring the treadmill back to your walk pace.
- The pattern looks like: **2 minutes walk/ 1 minute FAST RUN/ 1 minute recover**
- **Complete 5 rounds for a total of 20 minutes**
- **Note:** The handles are FIRE. Don't be grabbing on to these bad boys as you climb that mountain for help! If it's too fast for you to climb without doing so, take the speed down a notch.

Stretch

- Spend at least 5 minutes post-workout stretching out all of the major muscle groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step.
- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to relax into each stretch.
- Check the TFGG Stretching Reference, to get the most out of your stretches.
- If you have time, complete the TFGG Full Body Flow.

Warm Up

- Start with 5 minutes of moderate intensity cardio to elevate your heart rate and get your blood flowing. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, calves, hamstrings, and anything else that is sore or feels tight. (Remember to check the TFGG Foam Rolling Reference for how to do it most effectively).

Movement Preparation

1. DOWNWARD DOG X 30 SECONDS



2. LUNGE W/ REACH X 12



3. MONK STRETCH X 2 REACHES/SIDE



4. SQUAT REACH PATTERN X 10



3. BEAR CRAWL (RIGHT TO LEFT) X 60 SECONDS



Circuit no. 1

Instead of completing 3 rounds of this circuit, set your timer for 12 minutes and complete as many rounds as you can in that time. Make sure to record how many rounds you crush so that you can compare it in the second week!

A. BARBELL ONLY SQUATS X 15



*Do not add any weight to the bar

B. INVERSE ROW X 10



C. ELEVATED MOUNTAIN CLIMBERS X 25/LEG



Circuit no. 2

Instead of completing 3 rounds of this circuit, set your timer for 12 minutes and complete as many rounds as you can in that time. Make sure to record how many rounds you crush so that you can compare it in the second week!

A. OVERHEAD LUNGES X 15/LEG



B. PUSH-UP BURPEES X 10



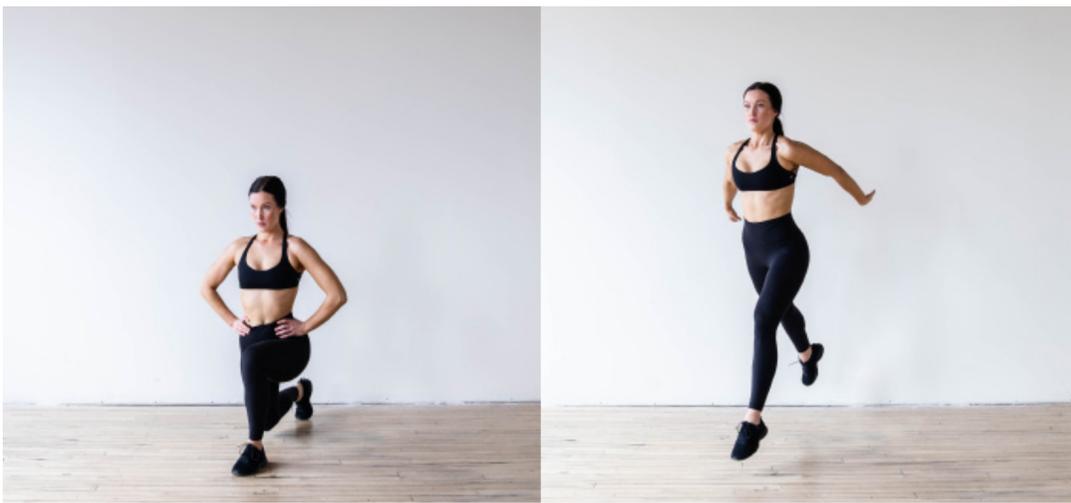
C. RUSSIAN TORTURE X 10



Circuit no. 3

Instead of completing 3 rounds of this circuit, set your timer for 12 minutes and complete as many rounds as you can in that time. Make sure to record how many rounds you crush so that you can compare it in the second week!

A. SPLIT SQUAT JUMPS X 15/LEG



B. WEIGHTED UP & OVERS X 25/LEG



C. ELEVATED SPIDERMAN PLANK X 8/LEG



*hold a light dumbbell or medicine ball with both hands

Stretch

- Spend at least 5 minutes post-workout stretching out all of the major muscles groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step.
- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to relax into each stretch.
- Check the TFGG Stretching Reference, to get the most out of your stretches.
- If you have time, complete the TFGG Full Body Flow.

Goal Setting

Now that you've progressed to TFGG LIFT, you are no stranger for mapping out your workouts for the week ahead. We are now going to be taking weekly goal setting to the next level, and ensure that it helps you cover the bases in all areas of your life, not just fitness.

Journal:

1. Fitness

- » Map out your workouts for the week. When is each workout taking place, and when are you allowing for rest days?
- » TFGG TRACK: I'm going to be very straightforward here, if you aren't keeping track of your weights in your lifts, you are not going to get stronger. Please reflect back over your last week of training through TFGG TRACK. Make sure you've filled everything in, and set goals for your major lifts next week!

2. Relationships

- » Who do you want to make it a priority to connect with this week? Write down their names.
- » How will you connect with them (Go for coffee? Train together? FaceTime?) and when will your connections take place?

3. Health

- » What are 3 commitments you are going to make with yourself for the week head that will elevate your energy, mental health, and quality of life? These can be ANYTHING from a set bed time/wake up time, grocery shopping, to cutting back on mindless Instagram scrolling.