

TFCG

the fit girl gang

BLOCK

2

Weeks 3 & 4

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. BANDED BARBELL ONLY SQUATS X 12



* Barbell only, no weight.

6. BANDED BARBELL ONLY HIP THRUSTS X 12



* Barbell only, no weight.

7. TABLETOP TOE TAPS X 15/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 4 rounds
- Rest x 60 seconds between rounds

A. BANDED BACK SQUATS



B. BANDED BARBELL HIP THRUSTS X 12



- These sets of squats are going to be completed in descending reps. The first set will have 12 reps, then 10, 8, and finally 6. With each set you will increase the weight! The amount that you increase the weight by is up to you, but make sure you are able to maintain good form throughout each set.
- An example might look like: 85lbs, 95lbs, 105lbs, 115lbs

Superset no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. SUMO DEADLIFTS X 10



B. REVERSE BARBELL LUNGES X 12/LEG



*complete all reps on one leg before switching

Legs and Glutes

Circuit no. 1

- Complete 2 rounds
- No rest between rounds

A. HAMSTRING CURL TO BRIDGE X 20



B. LATERAL BAND WALK TO JUMP SQUAT X 20 STEPS/



*PERFORM 1 JUMP SQUAT EVERY 3 LATERAL WALKS

C. BANDED GOLDEN ARCHES X 20



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.

Cardio Countdown

Time for a brand new challenge... You ready?!

Directions

- For this you have the join of running on a treadmill, running outside, or using the stair master
- Turn on the machine and spend 5 minutes warming up. As always, if you're using a treadmill make sure the incline is turned to 2.0 to mimic running outdoors.
- Choose a speed that you are going to go for 3 minutes. This should be a speed that is extremely challenging to maintain, but allows you to go for the entire 3 minutes without stopping.
- Once completed, you are going to rest for 60 seconds.
- You are going to continue to repeat this, reducing the working time by 30 seconds each time, and increasing your pace each time. It is completely up to you how much you increase by, but you need to be able to go for the required amount of time. Once you reach 30 seconds of effort, you are going to work your way back up to 3 minutes again (reducing the speed as you go).
- An example of this would look something like: 3 min @7.0 / 2:30 min @7.2 / 2:00 min @7.5 / 1:30 min @7.9 / 1:00 min @8.5 / 00:30 sec @9.2 (then working your way back up to 3 minutes @7.0). Each of these should be extremely challenging and you should need the entire 60 seconds of rest between them.

Stretch

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- If you have time, complete the TFGG Full Body Flow.

Warm Up

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Movement Preparation

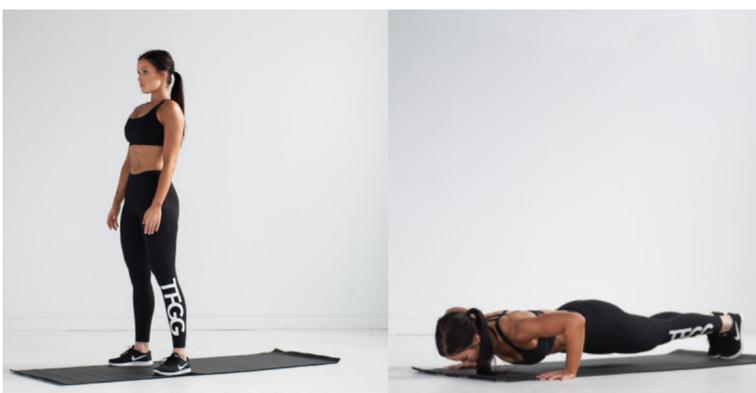
1. BAND PULL APARTS X 12



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. DEADLIFTS X 12



B. BANDED GOBLET SQUAT W/ PULSE X 12



C. DOUBLE ELEVATED SINGLE-LEG HIP THRUST X 15/ LEG



Here is the truth: You are not always going to feel motivated, no one feels motivated all the time. And if you're sitting around waiting for motivation to show up and make you feel wildly excited about this workout, you're going to be waiting a long time. Nothing great ever happened because someone was motivated every second of the way. Great things come from consistency, heart, and effort.

Circuit no. 2

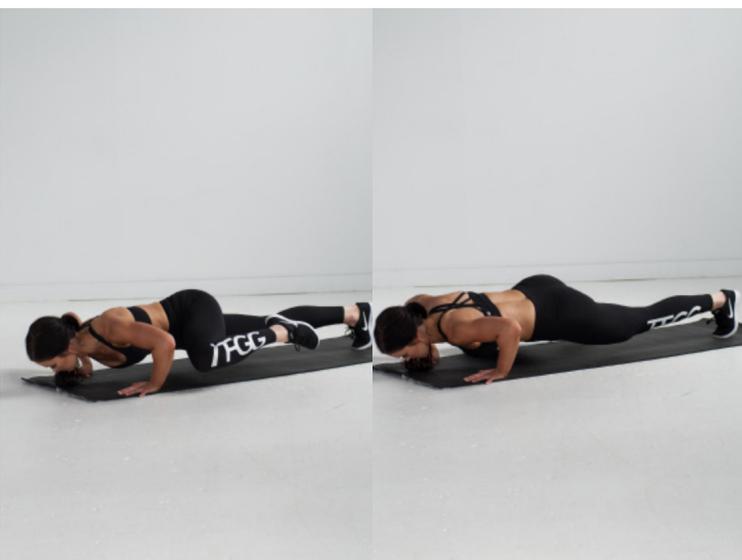
- Complete 3 rounds
- Rest x 45 seconds between rounds

A. PULL-UPS X 8 (X 2 SETS)

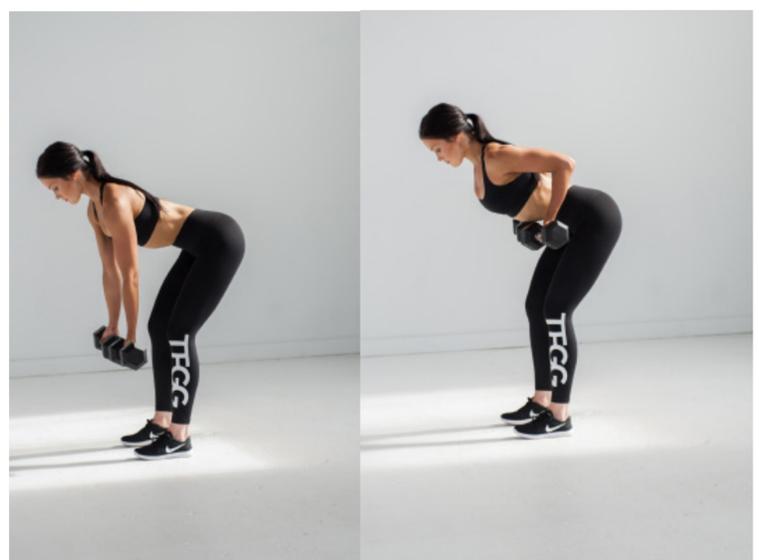


*Complete 2 sets of 8 pull-ups each time you go through this circuit (that means you'll do 6 sets of pull-ups total)

B. SPIDERMAN PUSH-UPS X 6/ LEG



C. DUMBBELL BENT OVER ROW X 12



Circuit no. 3

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. STABILITY BALL PLANK X 60 SECONDS



B. V-SIT W/ DUMBBELL PUNCHES ON BENCH X 45



C. ELEVATED MOUNTAIN CLIMBERS 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

The Comparison Game

The thing about the world we are living in right now is that other people's lives have become so accessible to us. Not just the lives of our friends and family, but pretty much anyone out there with an Instagram account. Want to see what your favourite reality tv show star is eating, drinking, or thinking right now? You can.

While I personally don't subscribe to the belief that social media is evil (I believe it has created more positive opportunities and the ability to share information more than anything else) it can be detrimental to our mental health if we aren't aware of its impact on us. The Comparison Game is what we talking about in TFGG as the conscious and subconscious thoughts of comparing every aspect of ourselves and our lives to others on IG.

The Comparison Game doesn't just lead to feelings of envy over other people's expensive vacations or "perfect" bodies. It makes us feel inadequate and "behind" in almost every area of our life if we allow it to. This weeks internal fitness is all about becoming AWARE of how we are comparing our lives to other people's and incorporating positive habits to quit the game and live life on our own terms.

Journal

- What are the areas of life that you find yourself fixated on feeling "behind" or inadequate?
- What are the Instagram accounts that you follow that trigger feelings of comparison or self-hate? Please unfollow those accounts. These people aren't necessarily doing anything bad or wrong, but if their content is leaving you feeling inadequate or self-deprecating, there is no need for it in your life.
- Who are the people in your life that leave you feeling uplifted and capable of going after your dreams and goals? Note that these can also be podcasters or influential humans that you don't necessarily need to know personally. (ie. one of mine is Gary Vaynerchuk and I don't know him personally...yet)
- When you think of the things in life that truly matter to you, what comes to mind first? I want you to reflect on the fact that "other people's opinions of you on social media" very likely has nothing to do with any of these.
- If you could give your best friends one honest piece of advice to help them stop comparing their life to other people's lives what would it be?

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



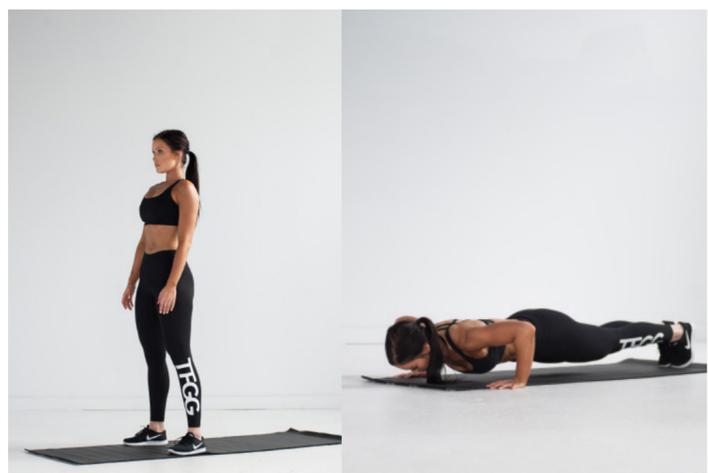
2. BAND PULL APARTS X 12



3. BAND RAISES X 6



4. WALKOUT TO PUSH-UP X 6



5. TILTED PLANK X 45 SECONDS



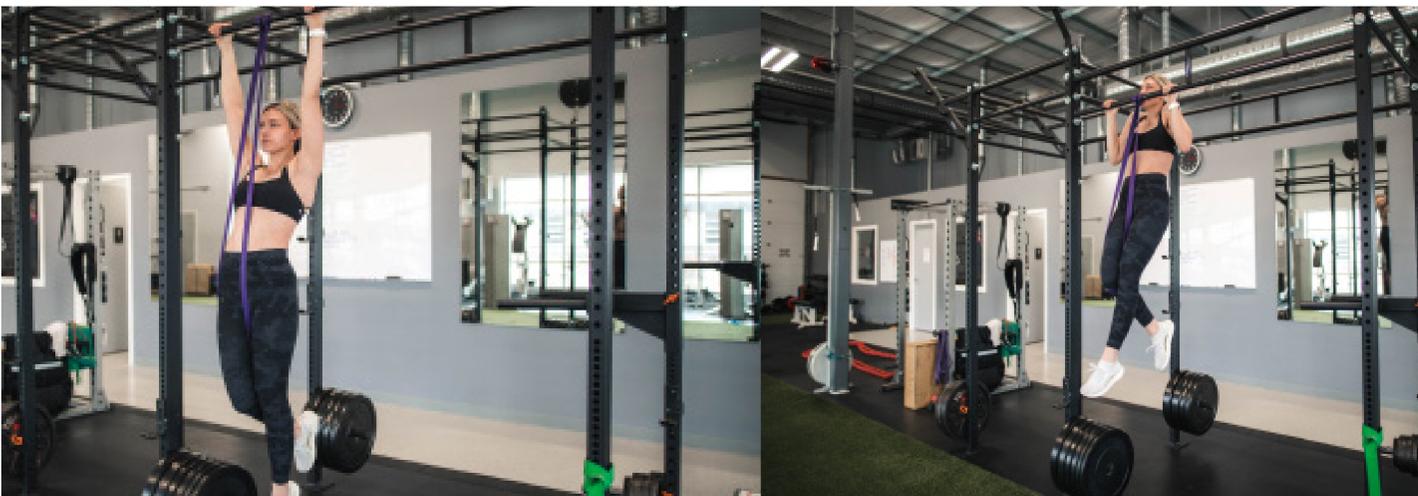
Movement Preparation

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.

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

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

Light Band x failure x 3 sets

Heavy Band x failure x 2 sets

Both Bands x failure x 2 sets

Option 2: Pull-Up Machine

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

Complete your first set with the 1 rep max weight that you recorded last week. After that, increase the resistance up one notch for each consecutive set. You are going to complete 6 sets total, going to failure at each one.

Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. TEMPO PUSH-UPS X 8



***TEMPO: 3/3/1 (LOWER FOR 3, HOLD FOR 3, PUSH-UP FOR 1)**

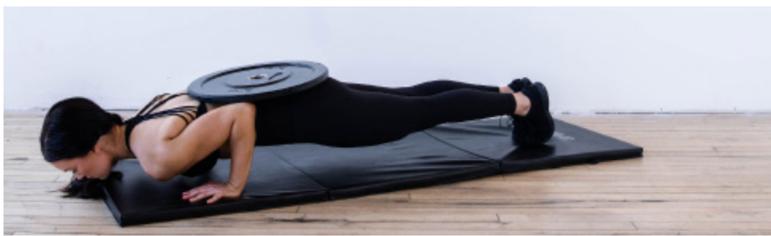
B. INVERSE ROW X 12



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. WEIGHTED TRICEP PUSH-UPS



B. TRICEP DIPS X 15



C. V-SIT W/ SHOULDER PRESS X 20



Uphill Mile Challenge

- 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 climb uphill until you reach 1 mile! Yep, that's the challenge. You can go as fast or as slow as you like, but you cannot get off the treadmill to rest until you've completed your mile.
- Push yourself here! The goal is to get the best time you can, and then beat yourself next week. Good luck!

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.

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.
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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 12



5. HIGH KNEES X 45 SECONDS



6. PLANK X 45 SECONDS



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. LUNGE W/ SHOULDER PRESS X 12/LEG



B. BOUNDING X 20



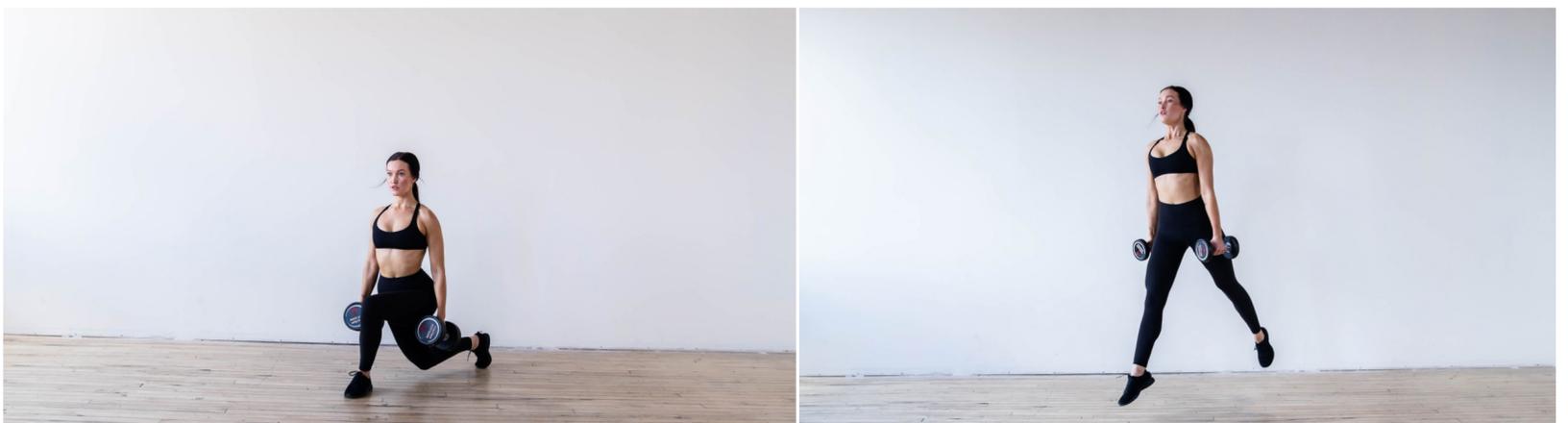
C. SCISSOR X 20/SIDE



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. WEIGHTED SPLIT SQUAT JUMPS X 12/LEG



B. HIGH KNEES X 50/LEG



C. RUSSIAN TORTURE X 12



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. MONSTER BURPEES X 12



B. BENCH HOPS X 25/SIDE



C. TILTED PLANK X 45 SECONDS



Stretch

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- Relax, breathe deeply, and allow your body to relax into each stretch.
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- If you have time, complete the TFGG Full Body Flow.

Goal Setting

Reflect

» Look back on the goals you set for yourself during Block One and also at the beginning of this week. Where have you crushed your goals and made yourself really proud, and where do you want to improve?

Track

Make sure that all of the Block Two workouts that you've completed so far have been input into TFGG TRACK. This may seem like a tedious task, but I can guarantee you this: You will regret not tracking your workouts. The only way to ensure progress, is to know what you are doing, so that we can add weight, reps, etc as you move through TFGG! We always think we are going to remember the exact weights we chose for every exercise, and yet somehow never do. Please make the little extra bit of effort to make sure TFGG TRACK is properly filled out, Future you will be so happy you did!

Map it out

Please take 10 minutes before your next week begins to map out the following:

What are my priorities to accomplish this week to move me closer to my big picture goals?

How and when am I going to accomplish them? What are my training and health goals for the week? When are each of my workouts going to take place?