

TFGG

the fit girl gang

BLOCK

2

Weeks 3 & 4

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 8



*Barbell only, no added weight.

6. 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

BARBELL BACK SQUATS

- x 10/x/x/x/x
- Complete 5 sets
- Rest x 60 seconds between rounds



HOW THIS WORKS:

You are going to complete your first set of squats at a weight that challenges you to perform 10 reps (make sure to properly work your way up to this weight). For each consecutive set you are going to add 10lbs (5 on each side of the bar). For each set, record the total weight, and the number of perfect reps you were able to do! It will obviously be less reps each time, but that is exactly what we want.

- As always, make sure to complete each rep with proper form.
- Using a band is optional if you want to use one!
- Make sure to record the weight and reps of each set in TFGG TRACK

Legs and Glutes

Superset no. 1

- Complete 4 rounds
- Rest x 45 seconds between rounds

A. SUMO DEADLIFTS X 8



B. BANDED BARBELL HIP THRUSTS W/ PULSE X 12



*Pulse 3 times at the top of each rep

Legs and Glutes

Circuit no. 1

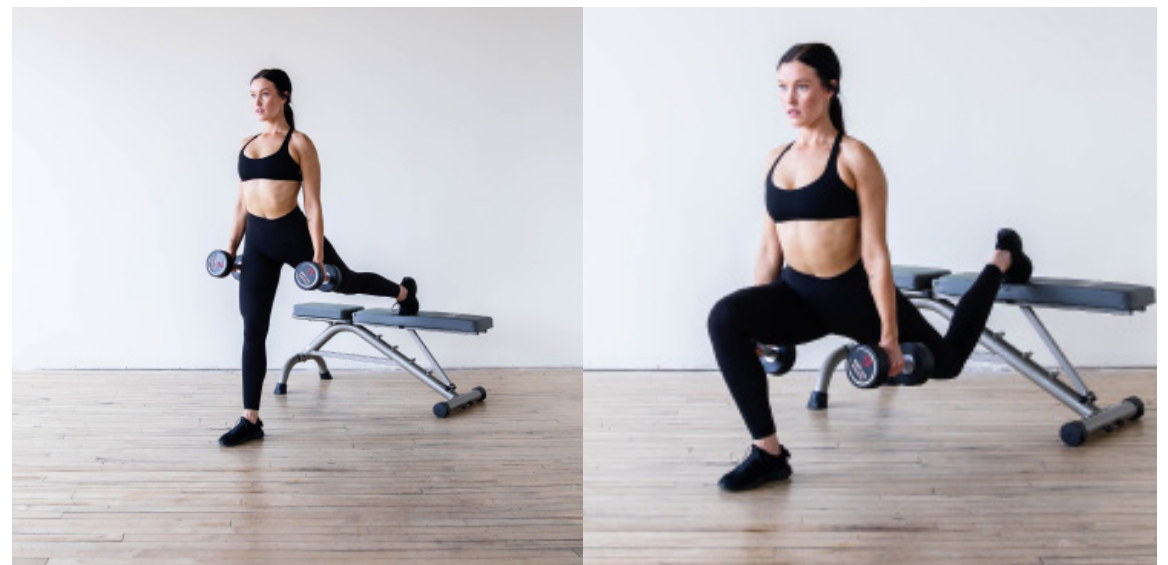
- Complete 2 rounds
- No rest between rounds

The following 3 exercises are to be paired together. Pairing exercises means doing all reps of each exercise on one leg, and then repeating both exercises on the other leg.

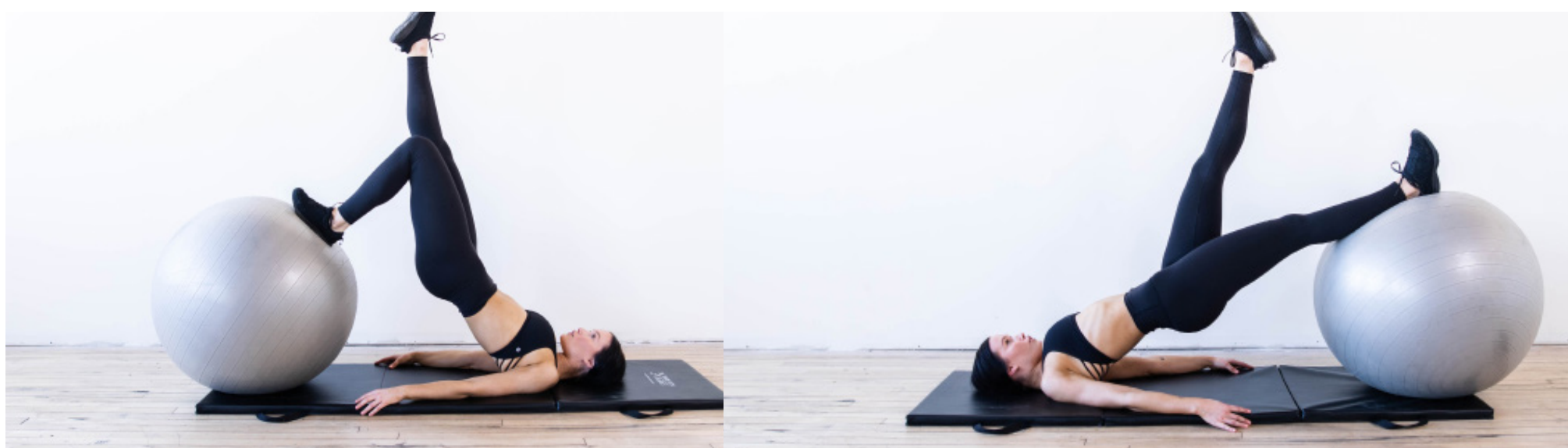
A. STAGGERED LEG DUMBBELL RDLS X 12/LEG



B. ELEVATED SPLIT SQUAT W/ PULSE X 12/LEG



B. SINGLE-LEG HAMSTRING CURLS X 12/LEG



Stretch

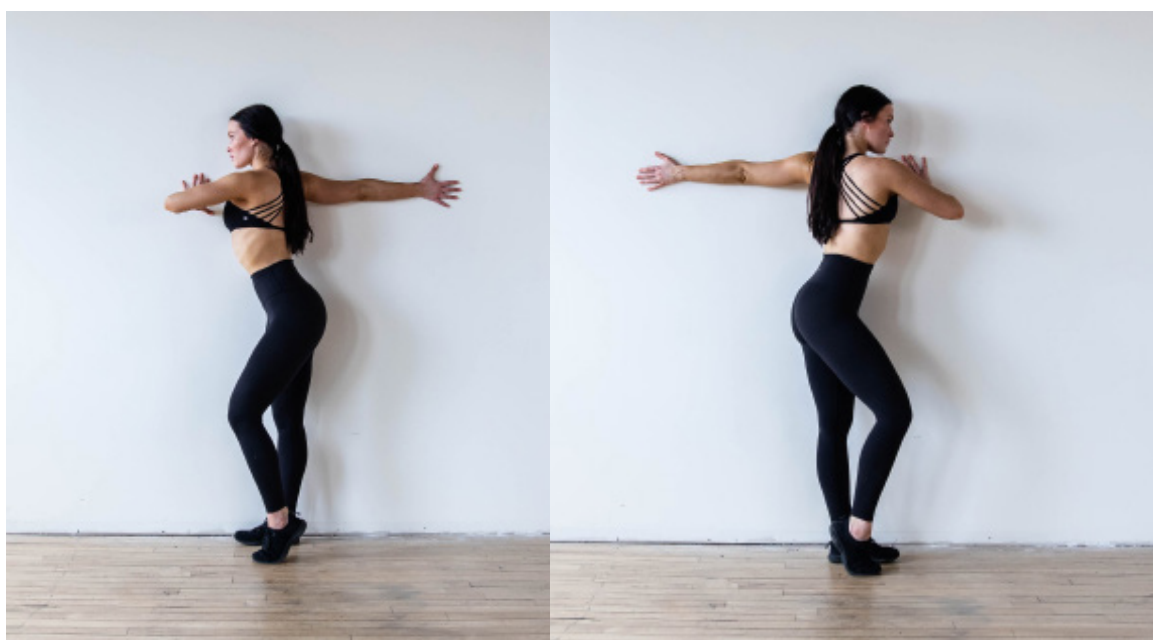
- Spend at least 5 minutes post-workout stretching out all of the major muscles groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step.
- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to 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.
- 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



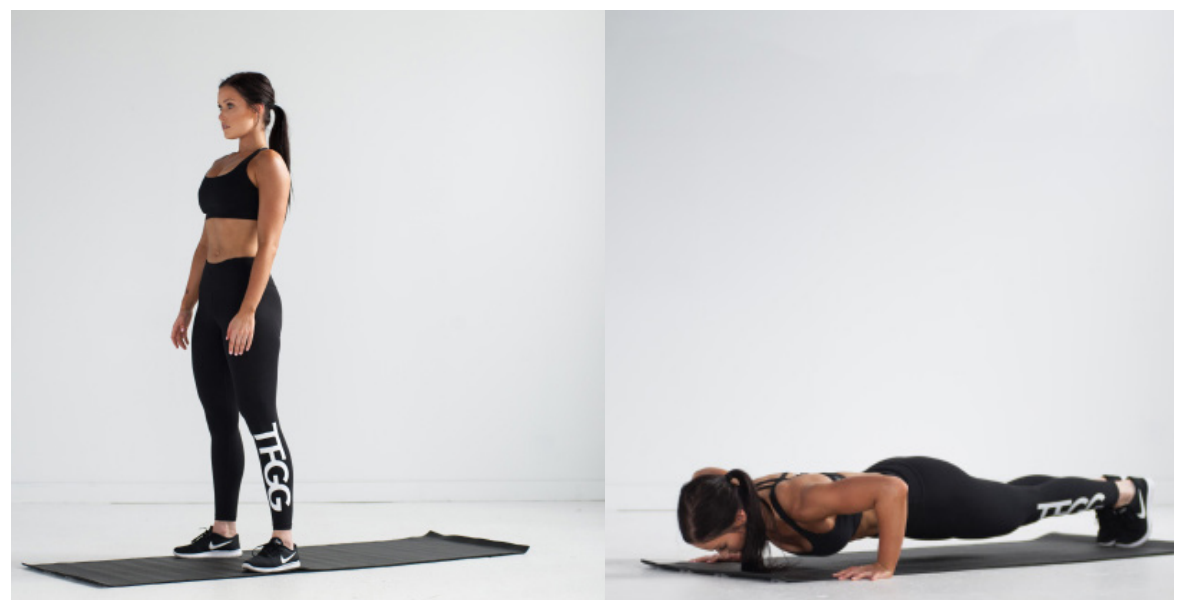
2. BAND PULL APARTS X 12



3. BAND RAISES X 6



4. WALKOUT TO PUSH-UP X 6



Movement Preparation

5. TILTED PLANK X 45 SECONDS



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.

Deficit Superset

- Complete 4 rounds
- Rest x 60 seconds between rounds

- One of the best ways to increase your strength in challenging movements is to work on the deficit (or the eccentric) part of a movement.
- For each pull-up and push-up we are going to use a tempo of 4 counts for the eccentric part of the exercises.

A. PULL-UPS X 8



- These are completely unassisted pull-ups. If you don't have free pull-ups yet (or don't have that many) don't worry! You can place a bench underneath you and "jump" your feet up into the top of the movement, starting with your hands on the bar already for safety. It's the lowering part we are focused on today!
- Once you are at the top, hold for 4 counts. Then lower yourself down, for 4, 3, 2, 1.
- Jump back up again (unless you don't need to) and repeat!

B. WEIGHTED PUSH-UPS X 8



- Place a plate or sandbag on your low back/upper glutes and set up in a push-up position.
- You are going to hold at the top for 4 counts, and then lower yourself down for 4, 3, 2, 1. Once you get to the bottom of the movement, push yourself up quickly and begin the next rep. Note that you can eliminate the weight if/when needed. Listen to your body!

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. BARBELL OVERHEAD PRESS X FAILURE



*Make sure to record reps in TFGG TRACK

B. BARBELL BENT OVER ROW X 12



*Add as much weight to the bar as needed to challenge you

C. STABILITY BALL SPIDERMAN PLANK X 6/SIDE



Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. V SIT W/ X HOLD X 60 SECONDS



B. WEIGHTED TRICEP PUSH-UPS X 12



C. STABILITY BALL AROUND THE WORLDS X 10/DIRECTION



Finisher Superset

- Complete 3 rounds
- No rest between rounds

A. WEIGHTED PLANK X 45 SECONDS



B. BATTLE ROPES X 45 SECONDS



Met Con Cardio

Warm Up

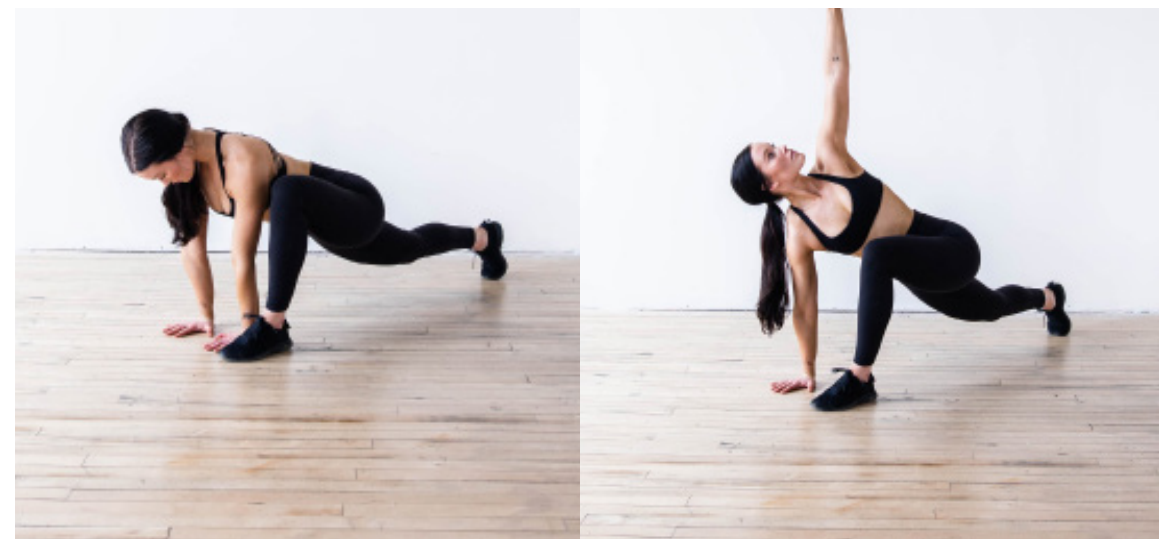
- Start with 5 minutes of moderate intensity cardio to elevate your heart rate and get your blood flowing. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, calves, hamstrings, and anything else that is sore or feels tight. (Remember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

Movement Preparation

1. WALKOUT TO PUSH-UP X 8 SECONDS



2. LUNGE W/ REACH X 6/LEG



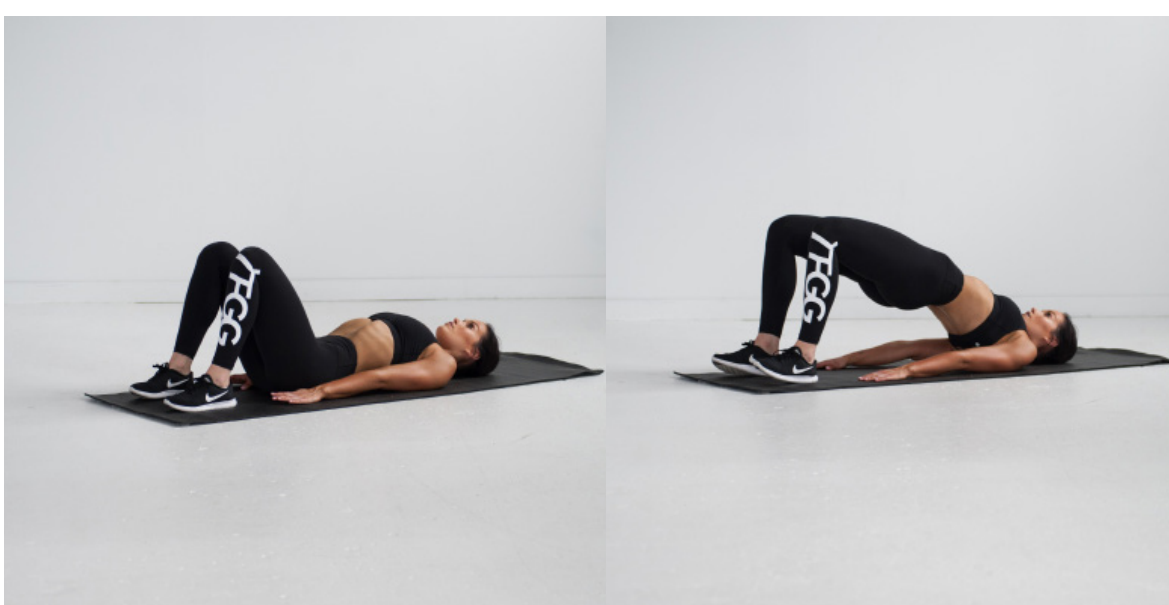
3. PLANK X 45 SEC HOLD



4. BODYWEIGHT SQUATS X 20



5. GLUTE BRIDGES X 12



Met Con Cardio

Jungle Gym

How it works:

- The world is your oyster, and the gym is your jungle gym. You are going to go for 5 minutes without stopping as hard as you can on each of the following machines. This might seem super intense, but the best part of it mentally is knowing that you never have to repeat what you just did. Oh, and to make it even more fun? Between each you are going to do 60 seconds of max effort work. Have fun!

Treadmill: Speed Run x 5 minutes @ 2.0% incline

Jump Squats x 60 sec

Treadmill: Uphill Climb x 5 minutes @ 15% incline

Mountain Climbers x 60 sec

Bike: Sprint in the saddle x 5 minutes

Jump Lunges x 60 sec

Bike: HEAVY resistance climb out of the saddle x 5 minutes

Plank Jacks x 60 sec

Stair Master x 5 minutes

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.

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 it's 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 friend one honest piece of advice to help them stop comparing their life to other people's lives what would it be?

Explosive Legs

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 60 SECONDS



4. BODY-WEIGHT SQUATS X 12



5. SKIPPING X 60 SECONDS



5. BANDED LATERAL TAPS X 45 SECONDS/LEG



Explosive Legs

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. BOX JUMPS X 10



*reset between each jump and focus on max. height

B. BOX JUMP BURPEES X 10



C. SKIPPING X 60 SECONDS



* single foot hops

Explosive Legs

Circuit no. 2

- Complete 3 rounds
- No rest between rounds

*The following 3 exercises are to be paired together. Pairing exercises means doing all reps of each exercise on one leg, and then repeating both exercises on the other leg.

A. WEIGHTED SPLIT SQUAT JUMPS X 12/LEG



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



C. DRAGONS X 12/LEG



Superset no. 1

- Complete 3 rounds
- No rest between rounds

A. DOUBLE-BANDED LATERAL WALK X 15 STEPS/DIRECTION



B. BANDED BOUNDING X 25



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.

Experiment Day

What is Experiment Day you ask? As a trainer, I have taken almost every Saturday workout I have done over the past six years and completely experimented with my training. It is 100% my favourite training day, and I'm so excited to be sharing it with you. This is your chance to get fully inside the mind of a trainer, and see the things that intrigue me and challenge me most. Sometimes it will be a challenge, sometimes super "out there" exercises, but no matter what it's always going to be completely new and different. You ready for today?

Experiment #1:

How long does it take me to perform 100 push-ups?

- Put on an epic playlist
- Set your timer
- Do 100 push-ups FROM YOUR TOES!
- I know, it's scary. But there's only one way to find out, right? You can take breaks as frequently as you need, and for as long as you like! Keep the timer running, and stop it only once you complete your 100th rep.
- Make sure to record your time!

Experiment #2:

What is my PR Mile time?

- I know, we've done it before. But it's so important to keep testing this every once in a while to see where we're at!
- You know what to do... Have fun babe!

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

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?