

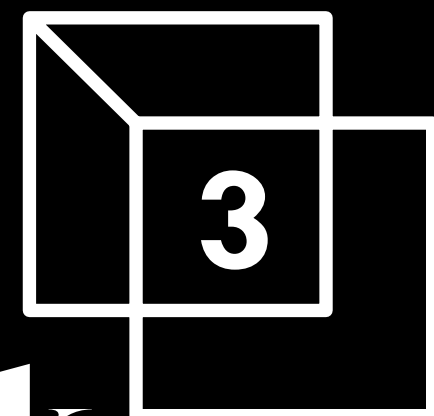
TFGG

the fit girl gang

BLOCK

3

Weeks 5 & 6



Getting Started

Okay, so you've crushed your first two weeks and are ready for more. Maybe you're a little nervous for what's coming though? Don't be. Here is what you can do to make sure you get the absolute most out of this next Block:

- Watch each of the new Chat videos (and take notes!) these bad boys are chalk full of content that will seriously up your game.
- Reflect back on your journal from Block 1. Give some thought about the workouts you were most proud of, and the areas where you want to push harder or give more attention to going forward.
- Share with the secret Facebook group one of your goals for Block 2, and reply to other girls who share their goals too!
- Keep sharing your inspiring pics on your Instagram and Insta Story (and tag the @fitgirlgang to be featured!)

What you need to know

- Block #3 encompasses weeks 5 & 6 of the TFGG program. There are 5 training days and 2 active rest days for you to complete during week 3, and then repeat in week 4.
- Before beginning each workout, make sure to watch the Exercise References Videos for each of the new exercises. As you progress, so does the skill level of the exercises and you need to understand how to do each one with perfect form to get the benefit out of the work you're putting in!

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).
- PRO TIP: Now is the perfect time to throw some BCAAs (Branch Chain Amino Acids) in your water bottle before you get started! BCAAs are the “building blocks” of protein and help to prevent muscle soreness, improve muscle tissue repair, accelerate your recovery time, and improve the use of body fat for energy.

Movement Preparation

1. HIP OPENERS X 12



2. LUNGE W/ REACH X 6/ LEG



3. MONK STRETCH X 2 REACHES/ SIDE



4. DOWNWARD DOG X 30 SECONDS



Legs and Glutes

Movement Preparation

5. BANDED LATERAL TAPS X 30 SECONDS/SIDE



6. BODYWEIGHT SQUATS X 15



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

Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. DOUBLE DB SQUAT X 12



B. JUMP SQUATS X 25



* Modify to bodyweight squats at any point if you can't complete all reps with good form.

C. PAUSED HIP THRUSTS X 12



*Pause at the top of each Hip Thrust for 3 slow counts before lowering down.

Legs and Glutes

Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. SPLIT SQUATS X 15/LEG



B. SPLIT SQUAT HOLD X 30 SECONDS / LEG



Legs and Glutes

Circuit no. 2

- Complete 3 rounds
- Rest x 30 seconds between rounds

A. SINGLE-LEG ELEVATED BRIDGES X15/LEG



Do all reps on one leg before switching

B. BURNERS X 20/LEG



Do all reps on one leg before switching

*The above 2 exercises are to be paired together. Pairing exercises means doing all reps of both exercises on one leg, and then repeating both exercises on the other leg. Yep, it burns.

C. GOLDEN ARCHES 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.

Choice Cardio

It's time to decide what you're in the mood for today! In the entire TFGG program, this is the only Block that allows you to choose how you want to push yourself for the next 30 minutes. That's the thing though, the one thing you don't get to choose is the fact that you are going to push yourself. Hard.

Directions

- Choose your method. It can be the bike, stairs, treadmill, outdoors, or any combo that you might feel like!
- Decide on a plan of action BEFORE you begin! This is not a random 30 minutes of exercise, this is time for you to take control and decide how you are going to better yourself today. Are you going to do intervals? Hills? Sprints? A spin class? 5 minutes all out on each of your favourite cardio machines?
- Warm up at a moderate intensity on the cardio equipment of your choice.
- Go for 30 minutes of your choice cardio and go hard. Have fun babe!

Stretch

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Reflect:

Did you like what you did today? Was it so brutal but you still want to share? Tell the rest of the gang what you did for your choice cardio on your Insta Story and in our secret Facebook Group!

Full-Body

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

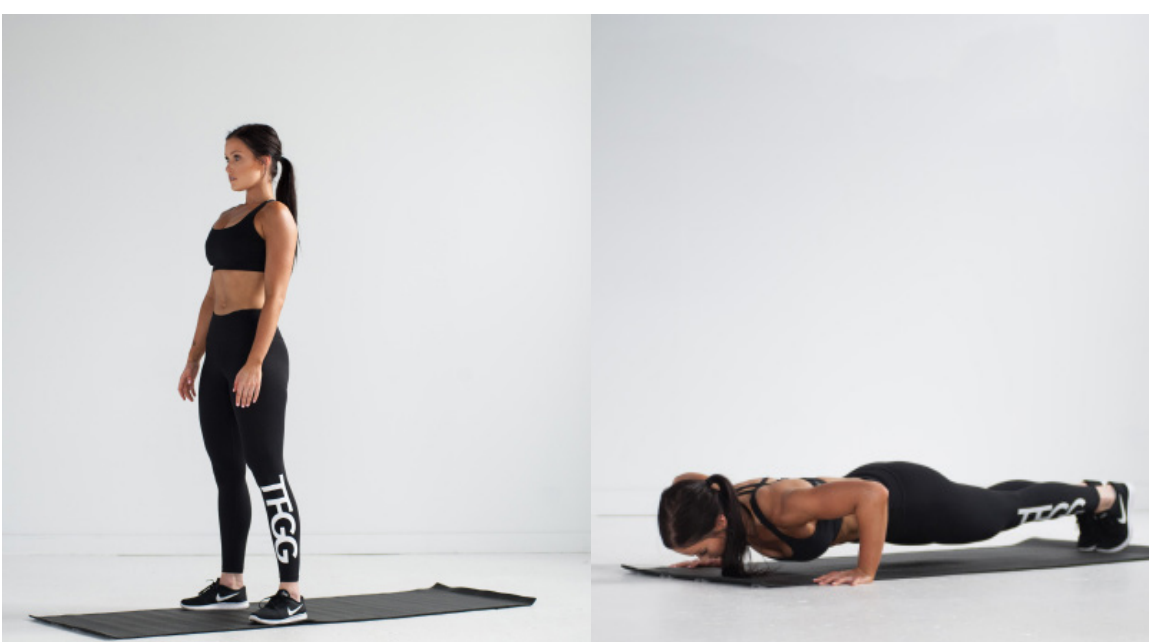
1. BAND PULL APARTS X 12



2. LUNGE W/ REACH X 6/LEG



3. WALKOUT TO PUSH-UP X 6



4. PLANK X 45 SECOND HOLD



5. BODYWEIGHT SQUATS X 12



6. BANDED GLUTE BRIDGES X 15



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. STABILITY BALL HAMSTRING CURL X 20



B. WALKING LUNGES X 15/LEG



C. UP AND OVERS X 60 SEC



Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. 60 SECOND MAX PUSH-UP TEST



HOW TO DO IT:

How many Push-Ups (with perfect form) can you do in 60 seconds? Time to find out. Set your timer, and go! You are allowed to take as many breaks as you need during the minute, just rest and then get back in. Make sure to record the number once you're done! If you don't have more than a couple of push-ups from your toes, that's okay! You can do this challenge from your knees instead.

B. REVERSE FLIES X 15



C. PLANK UP DOWNS X 60 SEC

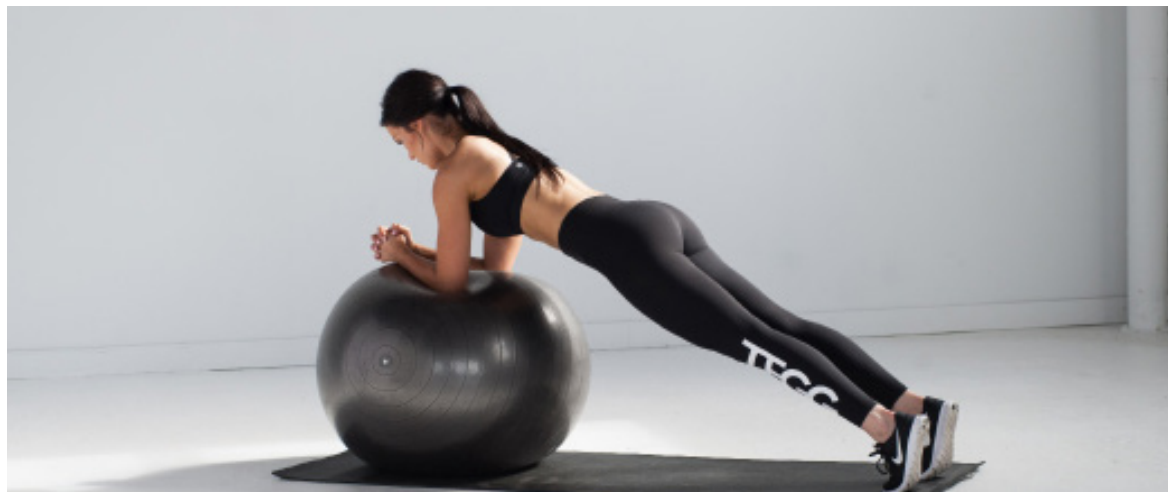


Here is the truth: You are not always going to feel motivated, no one feels motivated all the time. And if you're sitting around waiting for motivation to show up and make you feel wildly excited about this workout, you're going to be waiting a long time. Nothing great ever happened because someone was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

Circuit no. 3

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. STABILITY BALL PLANK X 45 SEC



B. RUSSIAN TWISTS X 60 SEC



C. BENCH LEG LOWERS X 10



*Make sure to lower your legs as slowly as you possibly can! Each rep should take 7 counts to lower your legs.

Stretch

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

Internal Fitness

As we continue to better ourselves physically, it's important not to let the mental growth be left behind. One cannot truly progress without the other, and even though this might not leave us drenched in a satisfying layer of sweat, personal growth is key for us to reach our true potential.

Journal

WRITE DOWN:

- Something that makes you special and different from everyone else in the world. • Someone that has changed your life (whether they know it or not).
- One thing about yourself that you know you need to be kinder to yourself about. • Your Mantra.

Active Rest

As you know by now, taking time off of training is essential for tissue repair, to keep your stress hormones in check, and to allow your body time to rest. That doesn't mean laying around not moving though. In order to get the absolute most out of TFGG these days should be used for some form of mobility and movement.

BLOCK 3 CHALLENGE:

We all have people in our lives that we uplift and support every day, whether we know it or not. Some people in our lives might need a little more support right now than they are even letting on. For your active rest days this Block, reach out to someone who's life might need a little brightening and ask them to join you. Maybe they desperately need some light exercise, maybe they just need someone to talk to, or maybe they just need some quality time with someone who cares. Send them a text, give them a call, and do your active rest with that person (or people) in this Block.

Warm Up

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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. MODIFIED PUSH-UPS X 8



6. PLANK X 45 SECONDS



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. TRICEP PUSH-UPS X 10



B. UPRIGHT ROW X 12



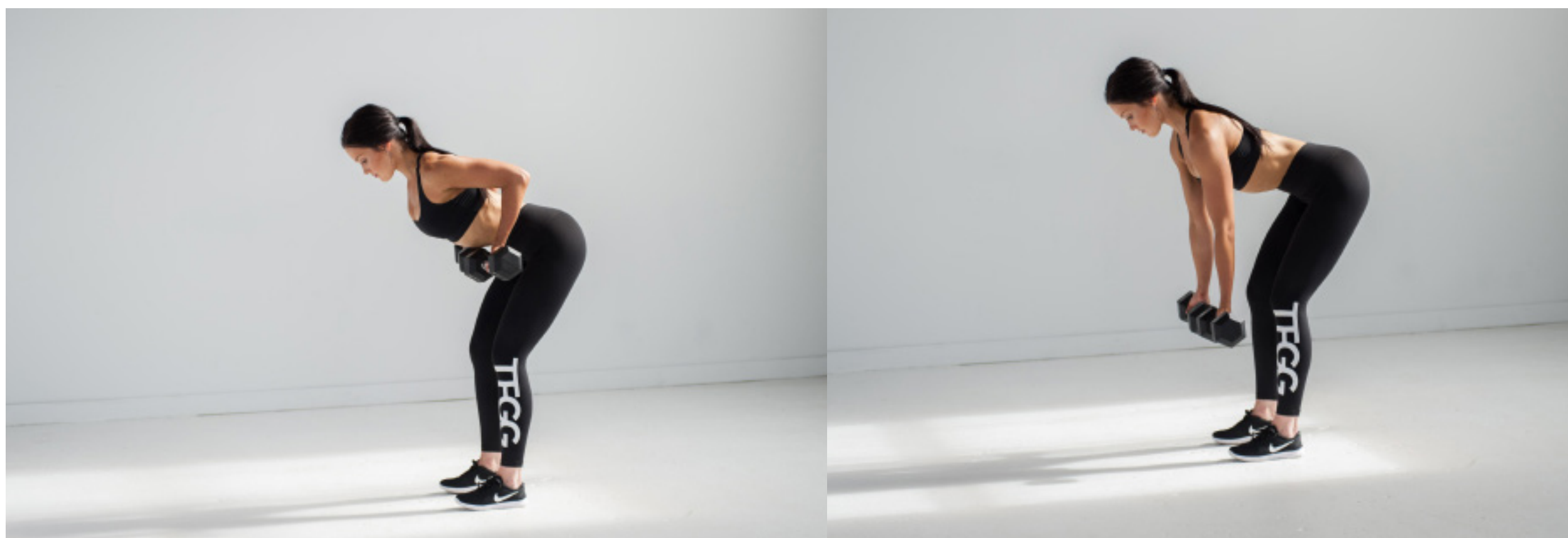
C. FRONT RAISE X 15



Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

B. BENT-OVER ROW X 12

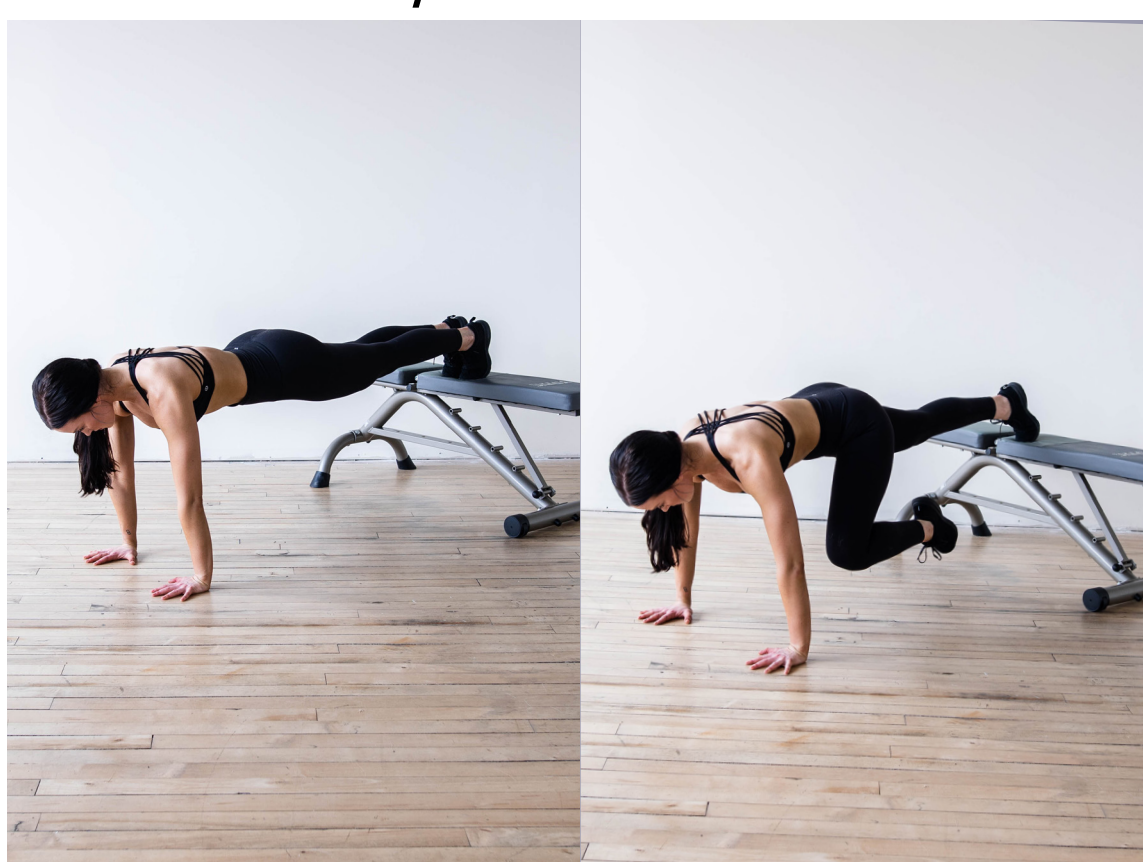


B. PAUSED LATERAL RAISE X 10



*Hold arms up at the top of the movement for 5 counts each rep

C. ELEVATED SPIDERMAN PLANK X 6/SIDE



*Hold leg up for 3 counts each time

Uphill Climb

- Equipment needed: Treadmill
- Don't have access to one? Don't worry. If necessary this workout can be performed outside at the bottom of a large hill.

Directions

- Begin by setting the treadmill to it's 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 4 minutes total! 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 should be able to maintain this speed the entire way through (or as close to it as possible.)
- After 4 minutes, you are going to increase the speed to your run pace. This should be incredibly difficult. You should not be able to maintain a conversation during this and it should be a challenge to complete a full minute at this pace.
- After a minute, return to your walking pace.
- You are going to complete 4 rounds of this, for a total of 20 minutes (16 minutes at your walk pace and 4 minutes at your run pace).

A FEW NOTES:

- If you do feel the need to make this easier or more difficult along the way (in either your walk or run), make sure you're doing so by adjusting the SPEED and not the incline. The goal here is to keep this climb as steep as possible!
- 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 muscles groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step.
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- If you have time, complete the TFGG Full Body Flow.

Warm Up

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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. BODYWEIGHT SQUATS X 12



3. FRONT TO BACK BEAR CRAWL X 30 SECONDS



Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

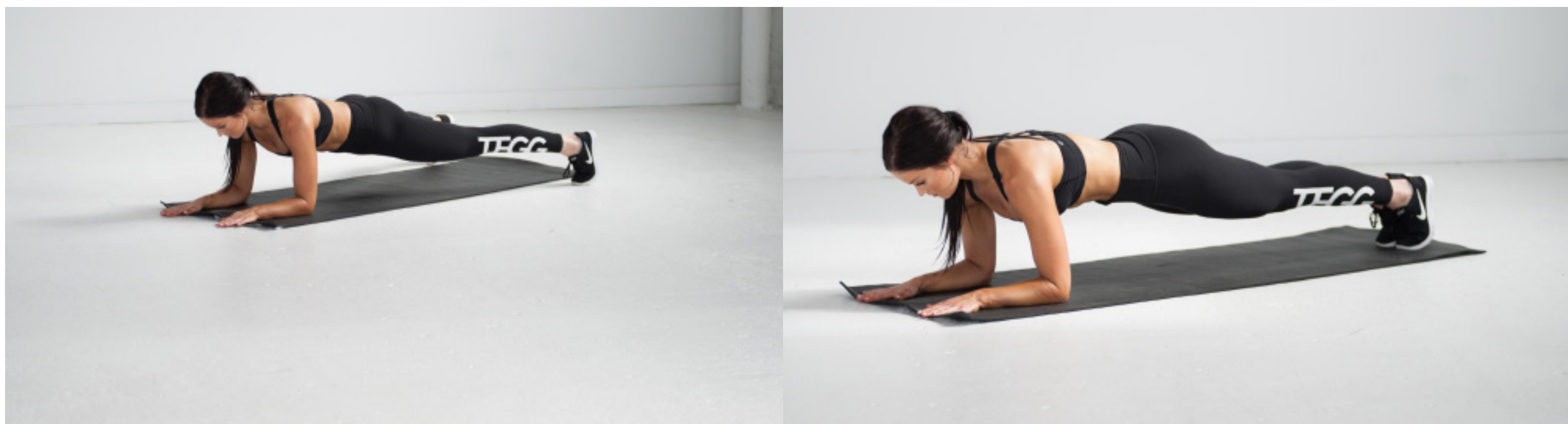
A. BOUNDING X 20



B. THRUSTERS X 20



C. PLANK JACKS X 60 SEC



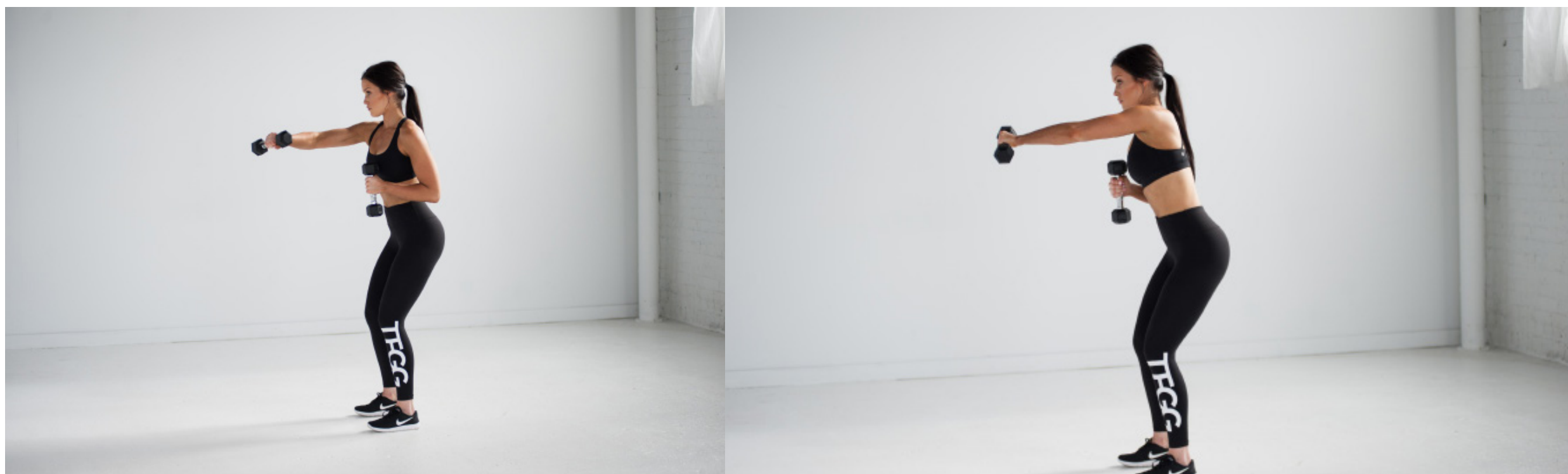
Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. TOSS UPS X 20



B. DUMBBELL PUNCHES X 60 SEC



C. MAT HOPS X 60 SEC



Circuit no. 3

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. BURPS X 15



B. HIGH KNEES X 100



C. JUMP LUNGES X 12/LEG



Stretch

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Goal Setting

Map it Out

As always in TFGG, today is the day to create a Game Plan for the week ahead. It's about giving yourself just a few minutes to clear your head, and focus on how you can make the absolute most out of it.

» Create your game plan like always, but it's time to get real and ask yourself the following questions as you do:

Write it Down

1. What areas can I be doing better? (This can be in terms of nutrition, training, or even Internal Fitness)
2. What (if anything) are my habits that are getting in the way of how I want to feel?
3. Am I being unfairly hard on myself during this journey? Have I been talking to myself in the same encouraging way that I would to my best friend that I genuinely want the best for?

Finally:

4. How can I make this week incredible? What do I need to do this week so that

Reflect back on the goals you set for yourself before you started TFGG. Remind yourself how fucking awesome you are and take a moment to be proud of all the hard work you put in during this week.

Active Rest

It's your second active rest day! The same rules apply as before: Just move your body. Want a few more ideas? Go for a hike, teach a friend how to foam roll, Cross country ski, Pretend you're an 80 year old lady and go "mall walking", do whatever you're in the mood for today.