

TFCG

the fit girl gang

BLOCK

3

Weeks 5 & 6

TFGG Perform: Fitness Testing

As you will soon see, this entire Block is focused on the concept of Fitness Testing. We are going to be benchmarking your capacity and performance of a TON of core exercises! I know this can be intimidating, but it's so important to see where you are at. This is going to allow you to see massive progress in certain areas, as well as the areas in your fitness that you might want to spend more time improving.

Read all of the instructions carefully, and make sure that you first and foremost listen to your body.

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).
- 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. LUNGE W/ REACH X 6/ LEG



2. MONK STRETCH X 2 REACHES/SIDE



3. DOWNWARD DOG X 30 SECONDS



4. SINGLE-LEG GLUTE BRIDGES X 10/LEG



Movement Preparation

5. BANDED LATERAL TAPS X 30 SECONDS/SIDE



6. BANDED BODYWEIGHT SQUATS X 12



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

Today we are testing:

- **BACK SQUATS**
- **DEADLIFTS**
- **GOBLET SQUATS**
- **HIP THRUSTS**

How this works: For each exercise that you test today, you are going to begin by performing a minimum of 2 warm-up sets before testing your max. The weight should get increasingly heavy, and by the third set, you should be testing your max.

Nothing matters more than safety (always, but especially when testing your max). You need to make sure your form is PERFECT and that nothing feels “off” or unsafe. You are going to select your weights based on what to have used in the past, not at random! If something feel like it is too much, STOP. It can be easy to lift with your ego while testing maxes, but we know better than that by now, right? Let's do this.

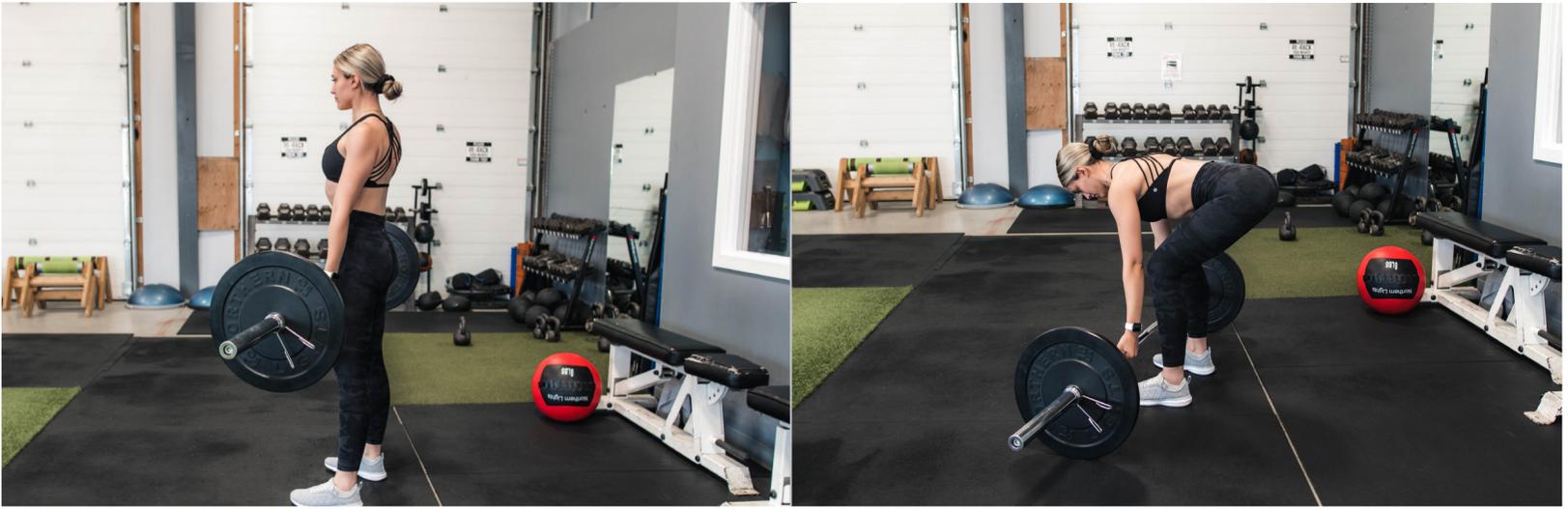
Back Squats x 10



- Complete a minimum of 2 sets working up to your 10 rep max weight.
- Plan the weight you will be testing ahead of time based on your weights from the last 4 weeks.
- If you test your max and feel it was too easy you can absolutely rest, up the weight slightly and test again!
- If the weight is too heavy to complete all 10 reps, record the number of reps you get at that weight for reference, lower the weight, and try again.

Legs and Glutes

Deadlifts x 10



- Complete a minimum of 2 sets working up to your 10 rep max weight. Protect your spine above all else!!! Brace your core and keep your spine neutral. No rounding or arching your back what so ever babe.
- Plan the weight you will be testing ahead of time based on your weights from the last 4 weeks.
- If you test your max and feel it was too easy you can absolutely rest, up the weight slightly and test again!
- If the weight is too heavy to complete all 10 reps, record the number of reps you get at that weight for reference, lower the weight, and try again.

Goblet Squats x 20



- Complete a minimum of 1 sets working up to your 20 rep max weight.
- If you test your max and feel it was too easy you can absolutely rest, up the weight slightly and test again!
- If the weight is too heavy to complete all 20 reps, record the number of reps you get at that weight for reference, lower the weight, and try again.
- For these ones, speed is your friend! Drive up with power every rep, and push hard to get all 20 reps in.

Hip Thrusts x 15



- Complete a minimum of 2 sets working up to your 15 rep max weight.
- Plan the weight you will be testing ahead of time based on your weights from the last 4 weeks.
- If you test your max and feel it was too easy you can absolutely rest, up the weight slightly and test again!
- If the weight is too heavy to complete all 15 reps, record the number of reps you get at that weight for reference, lower the weight, and try again.
- Make sure to brace your core and keep your spine straight as you drive your hips up! No flaring your ribs or arching your back, okay

Legs and Glutes

Circuit. 1

- Complete 4 rounds
- Rest x 45 seconds between rounds

This circuit is paired! That means you are going to do all reps of all 3 exercises on one leg, and then switch to the next. There is no rest between sets because while one side is working, the other gets a rest.

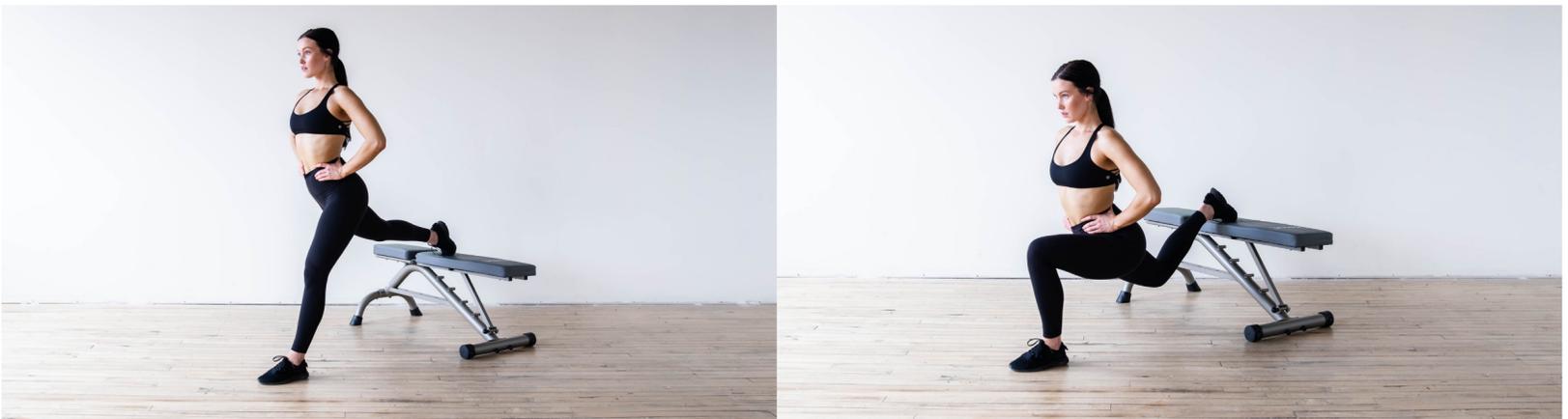
A. STAGGERED RDLS X 12/LEG



B. DRAGONS X 12



C. ELEVATED SPLIT SQUAT PULSES X 60 SEC



Stretch

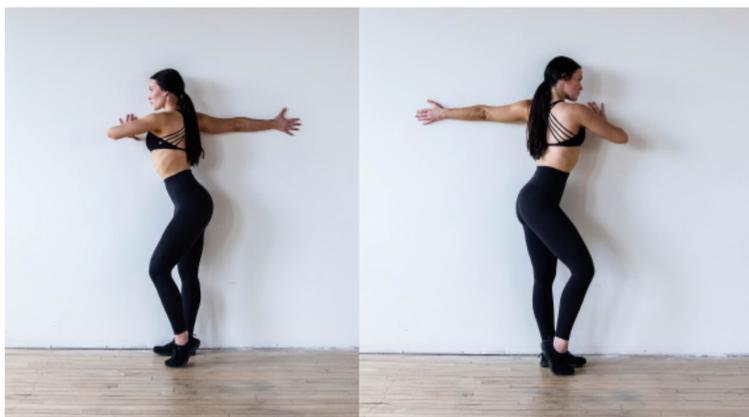
- Spend at least 5 minutes post-workout stretching out all of the major muscles groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step.
- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to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



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.

Today we are testing:

- PULL-UPS
- PUSH-UPS
- BENT-OVER ROW
- OVERHEAD PRESS
- PLANK
- X-HOLD

How this works: For the bodyweight and max rep work that you are doing today, you want to make sure you are properly warmed up, but do not burn yourself out either. Do one warm up set with perfect form for as many reps as you feel you need before performing each Max Rep test.

If you complete your max and feel that you think you could have done more reps, feel free to test again! However, you should know that your first time doing it is the most likely to reach your true max.

Pull-ups



A. 1 Rep Max

- Record either the band or machine weight required for the absolute single best pull-up you can do

B. 5 Rep Max

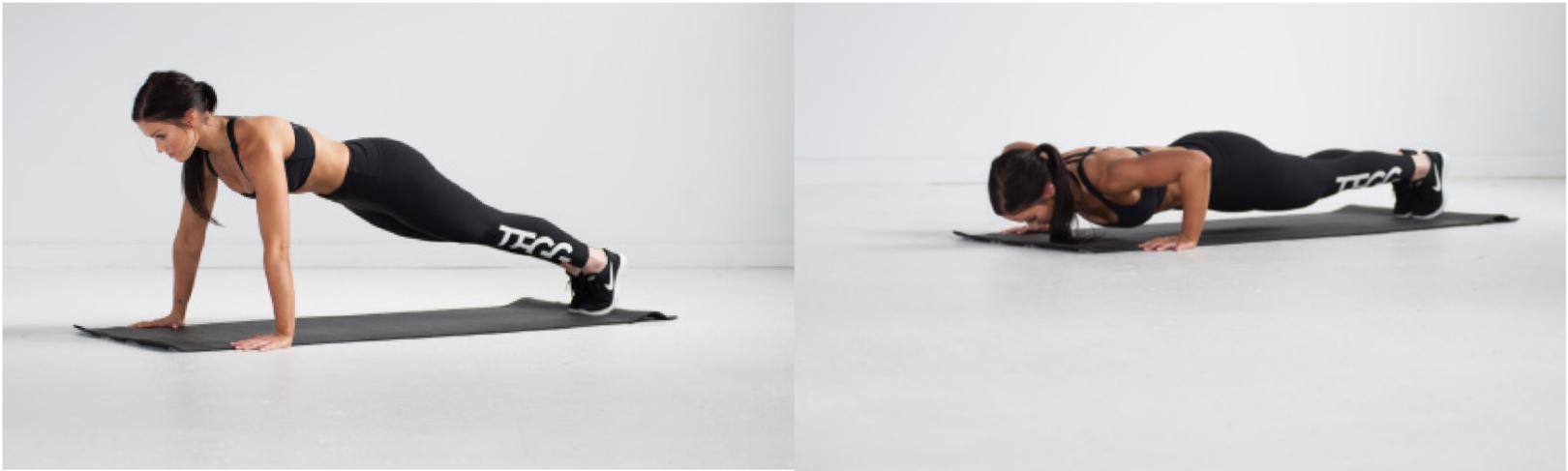
- Record either the band or machine weight required for 5 reps (you should not be able to do a 6th at this resistance, unless you are already on free bodyweight pull-ups)

C. 10 Rep Max

- Record either the band or machine weight required for 10 reps (you should not be able to do an 11th at this resistance, unless you are already on free bodyweight pull-ups)

NOTE: If you are at a place where you can do 5+ free bodyweight pull-ups (ie. with no help from a machine or band at all) CONGRATS YOU STRONG WOMAN! You can ignore the above testing altogether. All you need to do is test your MAX number of pull-ups (this is done the same way we test push-ups, so it's just the absolute most you can do in a row! Make sure to record that number.)

Push-ups x Max Reps



- Just as we have before, record the number of perfect push-ups you can do from your toes, then drop to your knees and record the number of push-ups you can do from there.
- Make sure to refer back to your old numbers and try to kick their ass.

Bent-over Row x Max Reps



- Set yourself up holding a barbell. Make sure that this is a standard 45lb barbell (which all gyms should have). You will not add any weight to the barbell.
- With perfect form, you are going to complete AS MANY barbell rows as you can! Record that number.

Overhead Press x Max Reps



- Set yourself up holding a barbell. Make sure that this is a standard 45lb barbell (which all gyms should have). You will not add any weight to the barbell.
- With perfect form, you are going to complete AS MANY barbell overhead press as you can! Record that number.

Plank x failure



- Prepare for the best plank of your life... I'm serious. Set yourself up in an elbow plank with PERFECT form.
- You are going to brace and hold here for as long as you can! No cheating or trying to make it easy for yourself, form needs to be PERFECT. Hold as long as you can and record that time!!!

X-hold x failure



- You are going to use 7.5lb weights for this one. I know, normally in TFGG we never advise what weight to choose, but we are setting this up so that it is a perfect benchmark you can always check your progress against.
- Set yourself up in the strongest X-hold you can, and hold it for as long as you can.

Circuit. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. REVERSE STABILITY BALL SPIDERMAN X 60 SECONDS



B. TRICEP PUSH-UPS W/ FEET ELEVATED X 8



*We are advancing your tricep push-ups today! If placing your feet on a bench isn't something you're ready for just yet, elevated them just slightly off the ground by using a riser or small platform.

C. HEAVY RUSSIAN TWIST X 20/SIDE



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.

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



2. LUNGE W/ REACH X 12



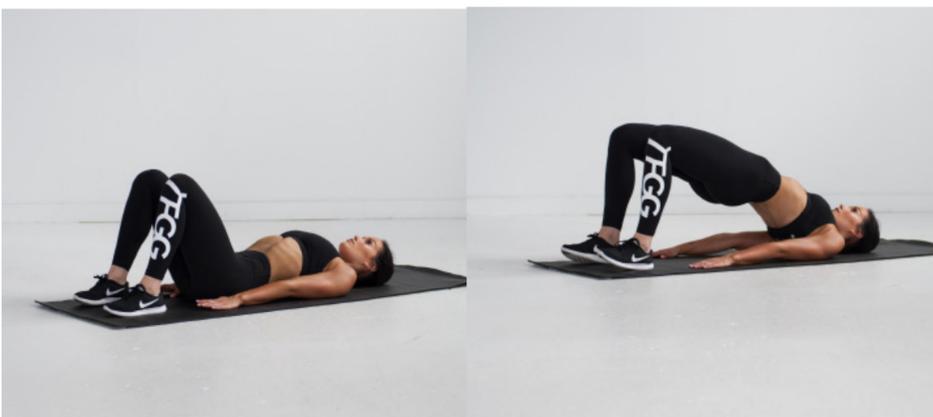
3. PLANK X 45 SEC HOLD



4. BODYWEIGHT SQUATS X 20



5. GLUTE BRIDGES X 12



These should be very smooth and not too challenging. The purpose is to activate your muscles and prepare your movement pattern for pull-ups before you begin.

Met Con Cardio

Today we are testing: Sprints

How fast can you run?

- Today we are testing your speed! How fast can you go all out for 45 seconds?
- You will set yourself up on a track, outside, or on a treadmill, and go HARD for 45 seconds. After this, you have 45 seconds total recovery.
- Continue to repeat this until you have done a total of 8 rounds.

Today we are testing: Burpees

How many can you do in 5 minutes?

- Today we are going to find exactly that out.
- Set your timer for 5 minutes and begin. These are going to be perfect TFGG burpees. That means hitting a flat plank at the bottom each time, and exploding up with your arms overhead at the top.
- You can obviously rest as often as you need, the goal is just to get in as many good reps as you can in 5 minutes. Yes this is exhausting, but yes you are ready for it.

Met Con Cardio

Circuit. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

This circuit is paired! That means you are going to do all reps of all 3 exercises on one leg, and then switch to the next. There is no rest between sets because while one side is working, the other gets a rest.

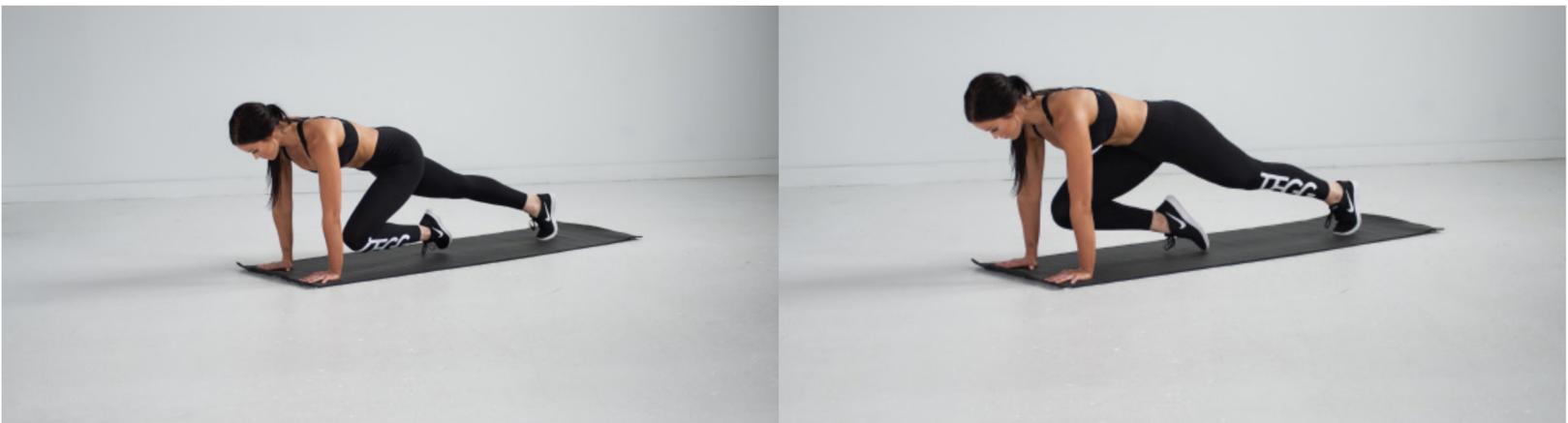
A. SQUAT THRUSTERS X 45 SECONDS



B. BATTLE ROPES X 45 SECONDS



C. MOUNTAIN CLIMBERS X 45 SECONDS



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.

Consistency > Motivation

In a dream world, we would wake up motivated as f*ck every single day of our lives. We would be fired up to kick ass in the gym, crush out every single work project to the best of our abilities, take on things that challenge us, and eat only the most nutritious foods because of how good they make us feel.

Let's get real though, motivation is one of the flakiest and unreliable things out there. If we were to sit around and wait for it to show up, we would never get anywhere or make any progress toward the things we care about. The key to getting stuff done no matter what? My favourite word in the world: CONSISTENCY.

When we create habits and practices that ensure we are working toward the things that we want in life, we no longer need to wait for a wave of motivation to make magic happen. It can be a lot easier said than done though, so let's break down the areas that can be the most positively affected in your life by implementing consistent habits.

Journal

WORKOUT CONSISTENCY:

Have you been working out consistently for at least 6 months in a row?

Answer yes or no.

What does consistent training look like to you in a week? How many times a week do you think you can realistically train with your current schedule?

What are the reasons you are giving yourself for not being consistent with your training?

What is a habit that you can implement to ensure you hit a training frequency that makes you proud?

Tips for training consistency

1. Make workout dates with a friend
2. Schedule in your workout days/times in your planner at the beginning of each week
3. Train at the same time every day on weekdays. Get into the habit of being repetitive with your positive actions.

Internal Fitness

NUTRITION CONSISTENCY:

Have you been eating in a way that gives you energy and makes you feel good for at least 6 months in a row? (ps. This doesn't mean eating perfectly, it just means prioritizing nutrient dense food and not eating straight junk for days on end).

What are the reasons you give yourself for not being consistent with making healthy choices?

When are the times that you have been better with eating healthy consistently? What are the factors that play into you making the choice to eat better or worse?

Tips for nutrition consistency

1. Schedule in your planner time for you to grocery shop and meal prep at least once per week
2. Prepare protein and veggie sources in your fridge so that you can easily grab them and add things to them as you run out the door
3. Don't use every single meal out (dates/meetings/friend hangouts) as an automatic write-off to binge or over indulge. Almost every restaurant has healthier options that will leave you feeling really good
4. The most important tip (and I say it all the time) is to release guilt around eating. The more of your life that you waste feeling guilty for eating a dessert/junk food/anything, the more of your life that has been wasted and the more likely you are to continue to emotionally over indulge.

CAREER/EDUCATION CONSISTENCY:

Have you been putting in time working toward your major goal(s) on a consistent basis? Write down how much time you spend on them each week.

What are your major goals right now? Be honest with yourself: Are you procrastinating completing them?

What are the excuses that you are giving yourself to not work toward the things that really matter to you?

Tips for career goal consistency:

1. Break down big goals into bite size steps. Make sure you prioritize tasks for each week to get you toward your big goal, and then assign daily tasks to help you crush the weekly ones.
2. Commit to doing small things each day and make yourself proud by completing them.
3. Stop avoiding the things that scare you.

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

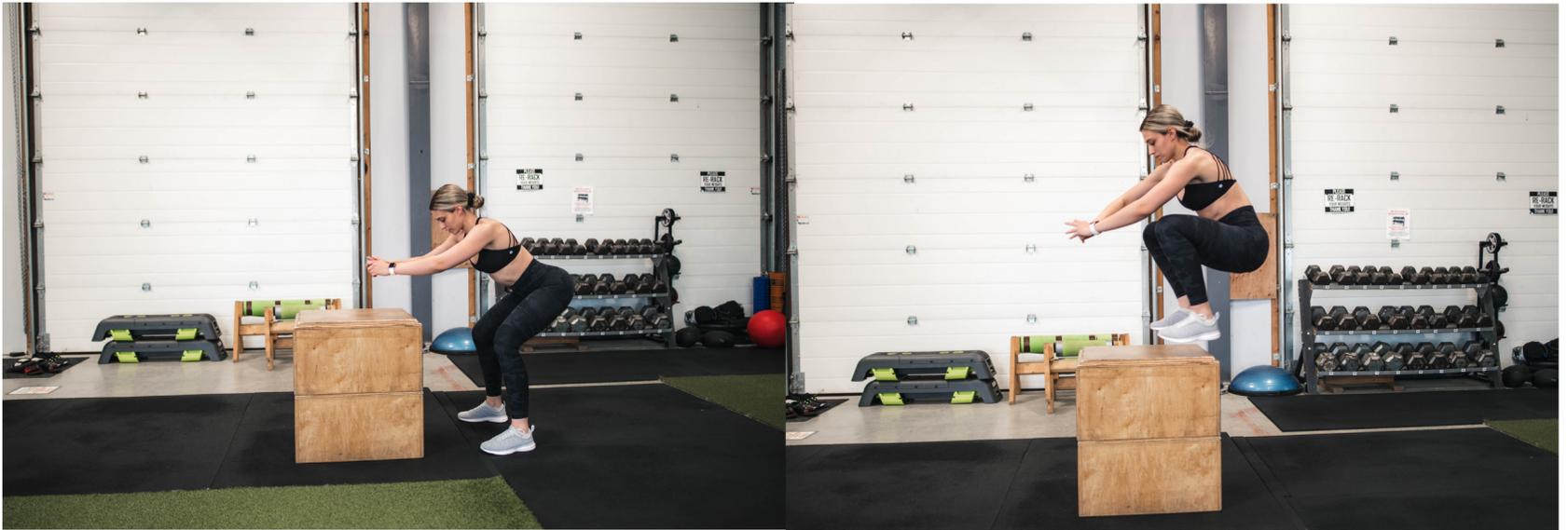


5. BANDED LATERAL TAPS X 45 SECONDS/LEG



Explosive Legs

Today we are testing: Box Jumps



How high can you jump?

- Set yourself up in front of the boxes at your gym, and start low. You are going to slowly and carefully work your way up in height.
- The things to focus on are landing softly (like a panther) and making sure your feet are all the way on the box. You also want to make sure you are stepping off the box each time, not jumping off to protect your knees and save energy.
- Once you reach your max, record it and see if you can continue to make that height a few more times!

High Rep, Low Impact Session

Due to the amount of high impact lower body work in this Block, today we are going to be focusing on training your legs and glutes with light weight, low impact, and high rep work. Don't underestimate what basic movements can do to challenge you! For the following exercises, you can choose to do them in any order and break them down into sets however you like. The only objective is to get all reps of all exercises done with perfect form.

Explosive Legs

A. WALKING LUNGES X 100/LEG



These can be done bodyweight or with extremely small dumbbells.

B. SINGLE-LEG GLUTE BRIDGES X 100/LEG



These are to be done laying on the ground, without elevating your working leg as we do in your movement prep.

C. LATERAL BAND WALKS X 100/DIRECTION



C. BODYWEIGHT SQUATS X 200



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.

Experimental 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?

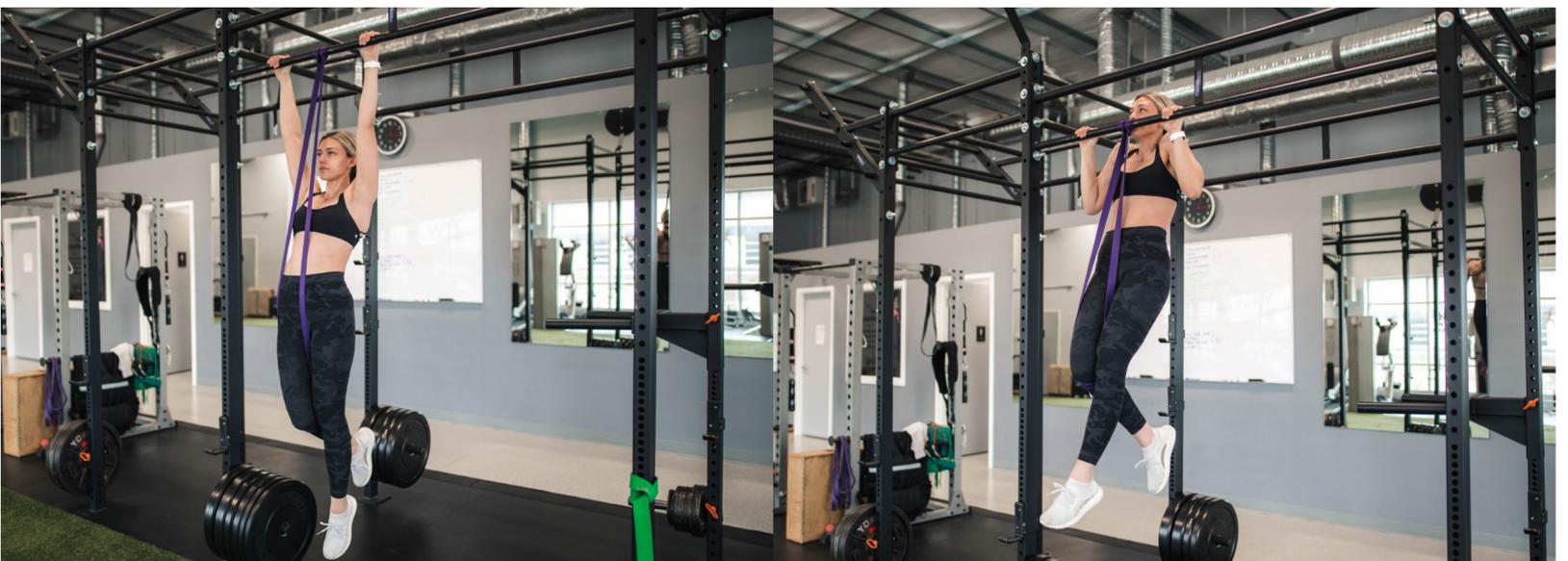
Experiment #1

300 REPS

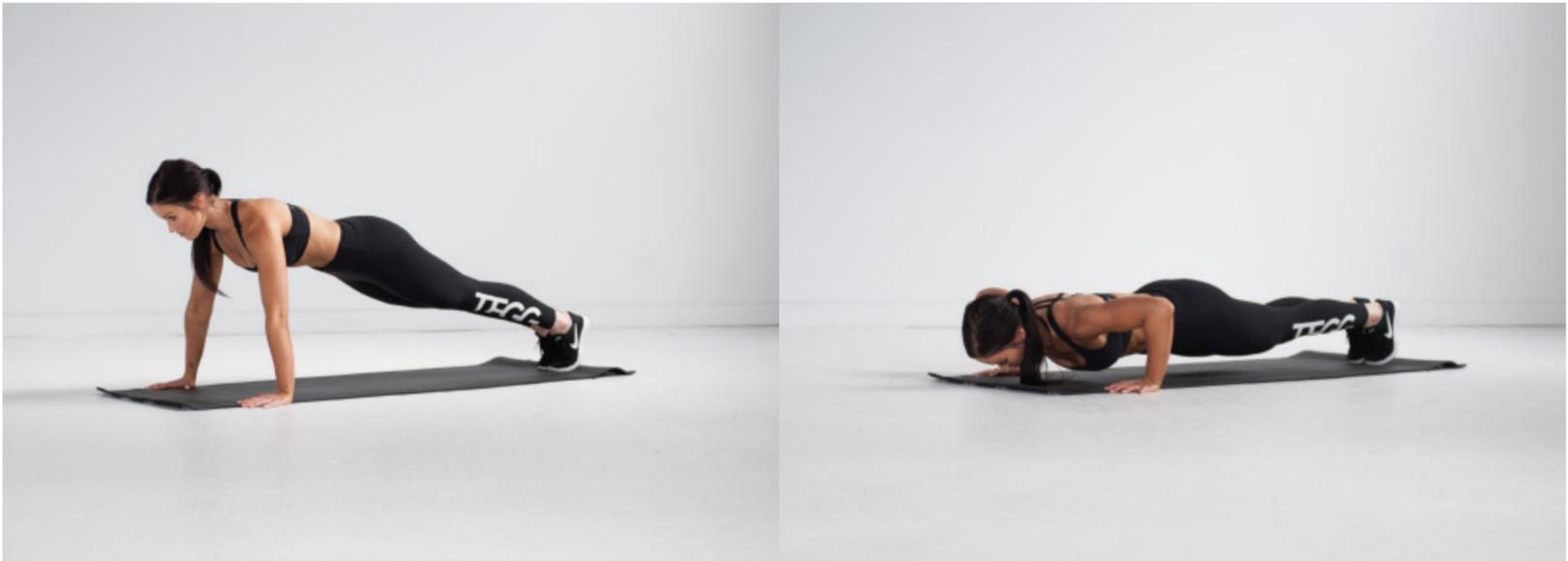
A. BACK SQUATS X 10



B. PULL-UPS X 10



B. PUSH-UPS X 10



- » Rest as long as you need and complete 10 rounds total (aka 300 reps)
- » Make sure to record what weights/resistance you chose, and how long the entire workouts takes.
- » It goes without saying that you should complete a full warm-up and movement prep before starting.

Experiment #2

YOGA

- » We know how to push ourselves, but do we know how to recover? Today is all about connecting our body to our mind.
- » Our experiment today is 20 minutes of Yoga. You can sign up for a class, complete a stretch sequence on your own, or find a video on Youtube. Whatever you do, I want you to focus on breathe, deepening your stretches, and appreciating your body.
- » We put ourselves through a lot in our fitness journeys, and something I want to make a bigger priority for all of us is taking care of our bodies with proper stretch on a regular basis.

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.