

TFCG

the fit girl gang

BLOCK

3

Weeks 5 & 6

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

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. TEMPO DOUBLE DUMBBELL SQUAT X 10



*Tempo: down for 3 / hold for 3 / up for 1

B. WEIGHTED JUMP SQUATS X 25



*Switch to speed goblet squats if you can't complete all reps with good form.

C. PAUSED BANDED HIP THRUSTS X 12



*Hold for 3 reps at the top of each rep.

Legs and Glutes

Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds 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. ELEVATED SPLIT SQUAT W/ PULSE X 12/LEG



B. WEIGHTED SPLIT SQUAT JUMPS X 12/LEG



B. WEIGHTED ELEVATED GLUTE BRIDGES X 12/LEG

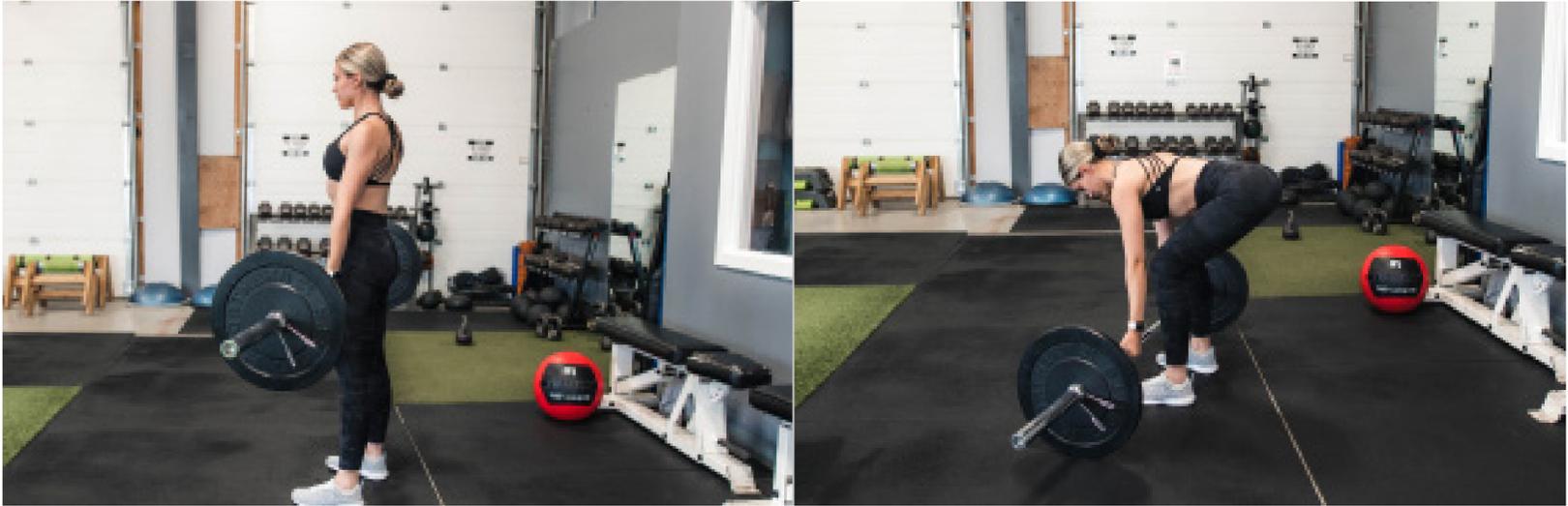


Legs and Glutes

Superset no. 1

- Complete 2 rounds
- No rest between rounds

A. RDLS X 12



B. BANDED 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

Choice Cardio will stay the same! This is still the only Block of TFGG that allows you to decide how you want to challenge your cardiovascular capacity for 30 minutes. You know what you're capable of, so it's time to challenge what you can do! My biggest piece of advice to upgrade? Do something that has always intimidated you. Maybe it's going for a run with a girlfriend who you've always wondered if you could keep up to. Maybe it's doing the stairs or the Jacob's Ladder for longer than you ever have before. Whatever it is, remember that growth only happens outside of your comfort zone.

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Warm Up

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Movement Preparation

1. BAND PULL APARTS X 12



2. WALKOUT TO PUSH-UP X 6



3. LUNGE W/ REACH X 6/LEG



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



5. BANDED BODYWEIGHT SQUATS X 12



6. PLANK X 45 SECONDS



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. SINGLE-LEG HAMSTRING CURLS X 4/LEG



B. HAMSTRING CURLS X 12



C. WALKING LUNGE W/ 2X PULSE X 15/LEG



B. BANDED JUMP SQUATS X 20



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. 60 SECOND 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. ISO BENT OVER ROW X 6 RIGHT / 6 LEFT/ 6 BOTH



C. ELEVATED PLANK UP DOWNS X 60 SECONDS



Circuit no. 3

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. TILTED PLANK X 45 SECONDS



B. RUSSIAN TORTURE X 60 SECONDS



C. ADVANCED LEG LOWERS X 8



Tempo: lower for 8 / hold for 3 / raise for 1

Stretch

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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.

Warm Up

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Movement Preparation

1. CHEST OPENER X 30 SECONDS/ SIDE



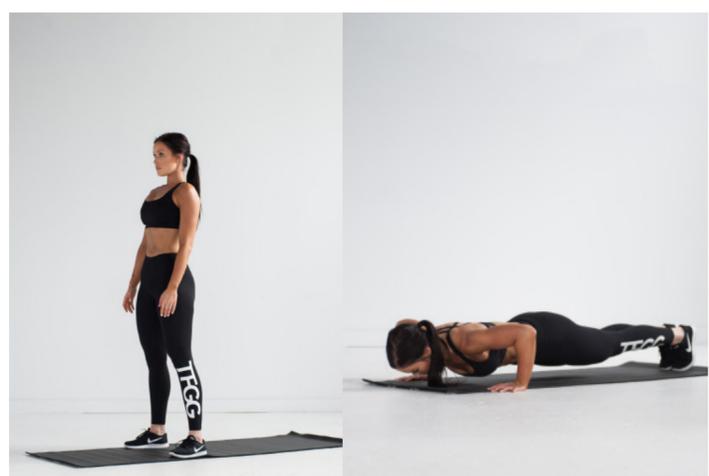
2. BAND PULL APARTS X 12



3. BAND RAISES X 6



4. WALKOUT TO PUSH-UP X 6



5. TILTED PLANK X 40 SECONDS



5. BEAR CRAWL (FRONT TO BACK) X 40 SECONDS



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

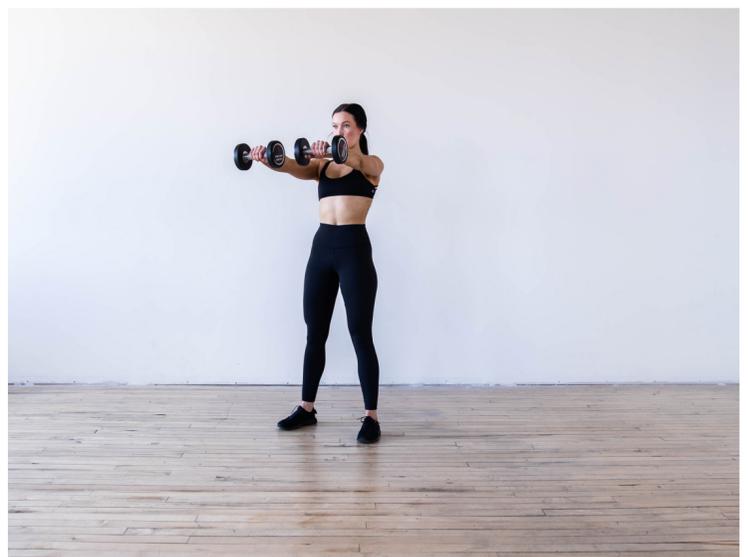
A. TRICEP PUSH-UPS X 15



B. REVERSE FLY X 15



C. FRONT RAISE HOLD X 60 SECONDS



Circuit no. 2

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. ELEVATED SPIDERMAN PUSH-UPS X 6/SIDE



B. 90° LATERAL RAISES X 15



C. V SIT W/ DUMBBELL PUNCHES X 60 SECONDS



Uphill Climb & Directions

- The big change here is going to be your run pace. Rather than just running uphill, it's going to be a 1-minute MAX EFFORT sprint. You then will recover for 1 whole minute before returning to your walk pace
- This will look like: Walk x 3 min, Sprint x 1 min, Recover x 1 min. Complete 5 rounds for a total of 25 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

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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 10



5. TILTED PLANK X 40 SECONDS



6. HIGH KNEES X 45 SECONDS



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

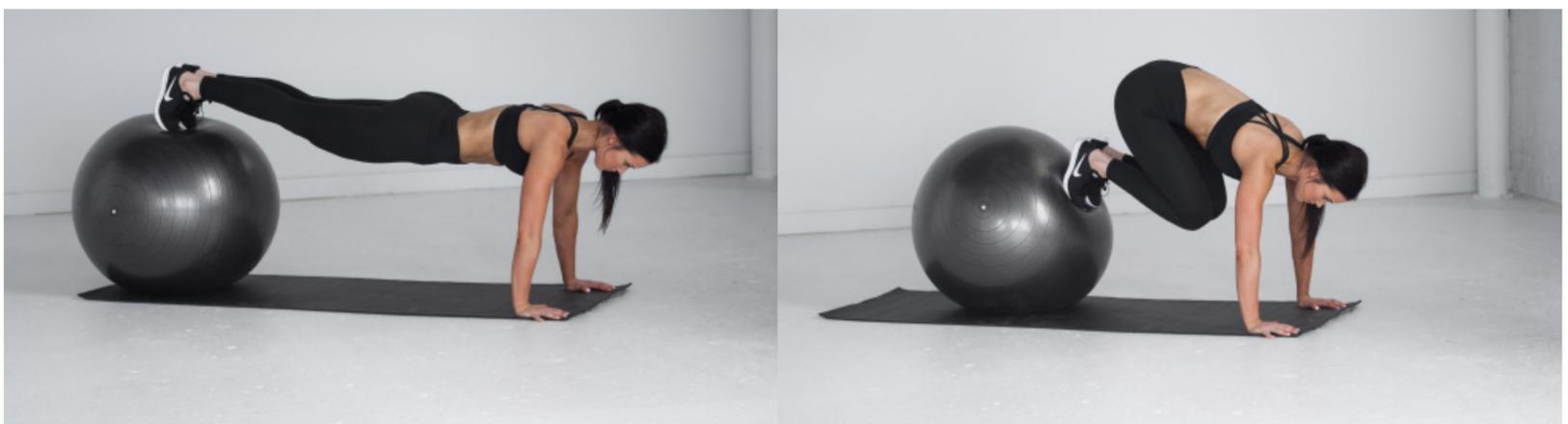
A. BANDED BOUNDING X 25



B. LUNGE TO PRESS X 15/LEG



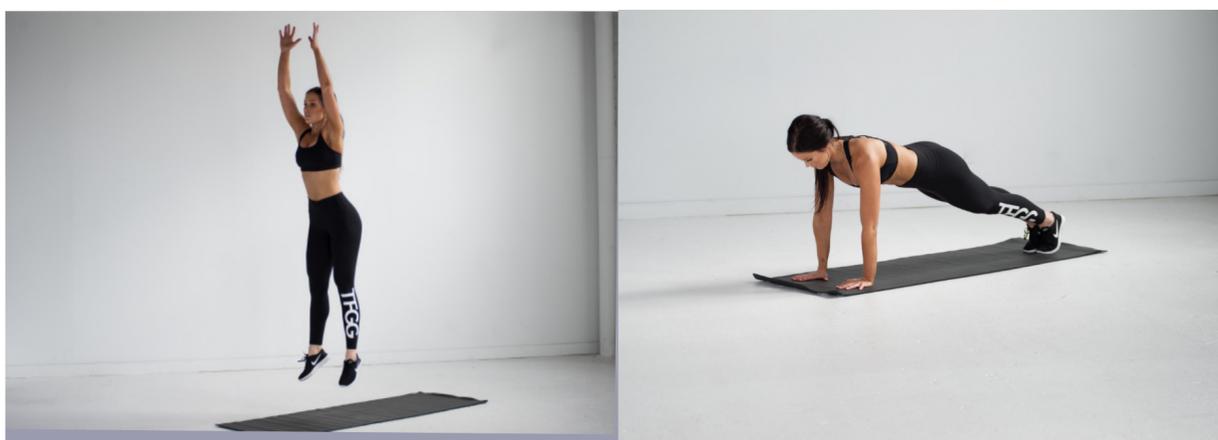
C. STABILITY BALL KNEE TUCKS X 20



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. BURPEES X 12



B. BENCH HOPS X 20/SIDE



C. PLANK JACKS X 60 SECONDS



Circuit no. 3

- Complete 3 rounds
- Rest x 30 seconds between rounds

A. ELEVATED MOUNTAIN CLIMBERS X 60 SECONDS



B. LATERAL HIGH KNEES X 60 SECONDS



C. SINGLE-LEG REACH UPS X 10/LEG



*Complete 20 steps to the left, then 20 to the right.

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.