

# TFCG

*the fit girl gang*

**BLOCK**

**4**

**Weeks 7 & 8**

# 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

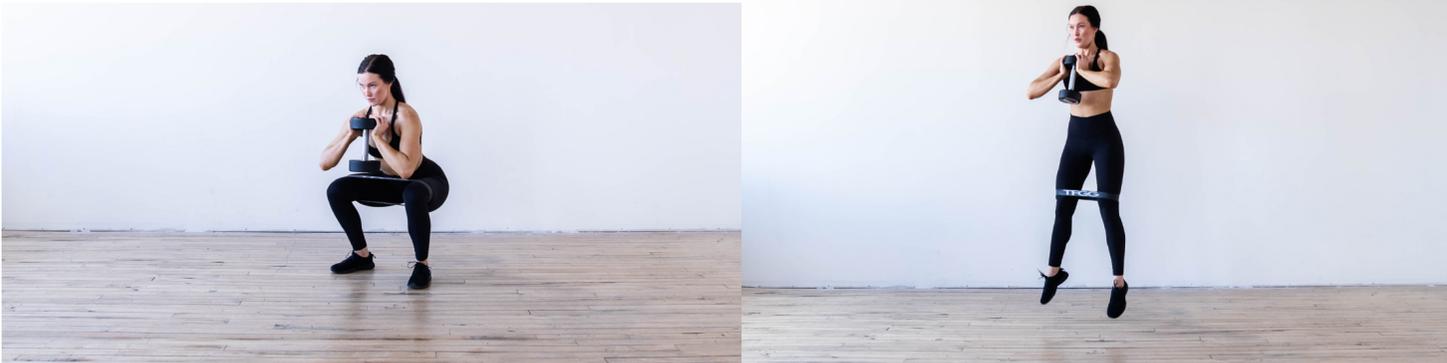
## Superset no. 1

- Complete 4 rounds
- Rest x 60 seconds between rounds

### A. BANDED BARBELL BACK SQUAT X 8



### B. BANDED-WEIGHTED JUMP SQUATS X 20



# Legs and Glutes

## Superset no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. DEADLIFTS X 10



### B. BARBELL HIP THRUSTS X 12 + ISO HOLD X 30 SECONDS



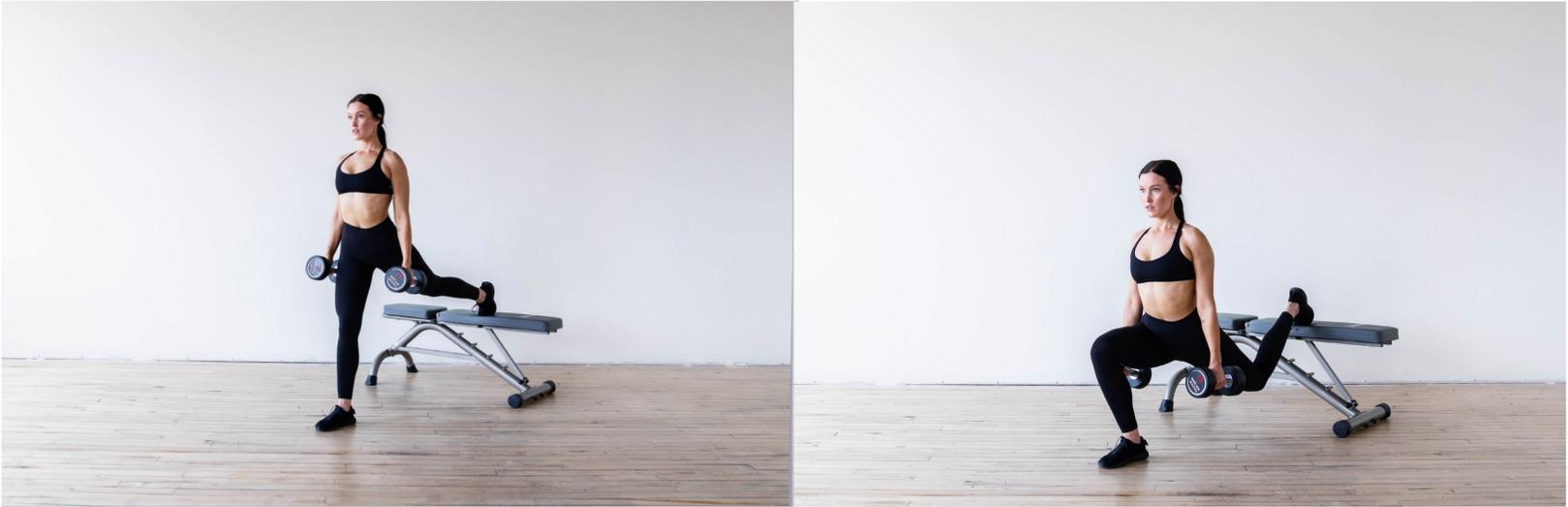
\*After you complete your 12th Thrust, hold at the top for 30 seconds.

# Legs and Glutes

## Superset no. 3

- Complete 3 rounds
- Rest x 45 seconds between rounds

### A. ELEVATED SPLIT SQUATS X 12 + ISO HOLD X 30 SECONDS



\*After you complete your 12th Split Squat, lower down and hold at the bottom for 30 seconds.

### C. SINGLE-LEG HAMSTRING CURLS X 8/LEGLEG



## 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.

# TFGG Sprint to Climb

Oh, does this sound like the super evil opposite of last Block's cardio? That's because it is. Don't worry babe, you've got this.

## Directions

Turn on the treadmill and spend 5 minutes warming up.

Then, set the incline to 1% and select a speed that will allow you to sprint as fast as you can. This should be hard and fast!

When it's done you are going to get an entire minute to recover and you should need it.

For your next interval, you are going to increase the incline to 2.0% and decrease the speed slightly as needed. Once again, go hard for 1 minute and recover for 1 minute.

You are going to continue to repeat this pattern until the treadmill is at a incline of 15% and you are going as hard as you can at that incline.

In total, this is 15 minutes of work and 15 minutes of rest! I am going to give you an example of what this might look like:

1. 1% @ 10.0MPH
2. 2% @ 9.8MPH
3. 3% @ 9.6MPH
4. 4% @ 9.3MPH
5. 5% @ 9.0MPH
6. 6% @ 8.8MPH

....I think you get the idea. Have fun babe!! xx

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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 5 rounds
- Rest minimally as needed
- Record your time in TFGG Track!

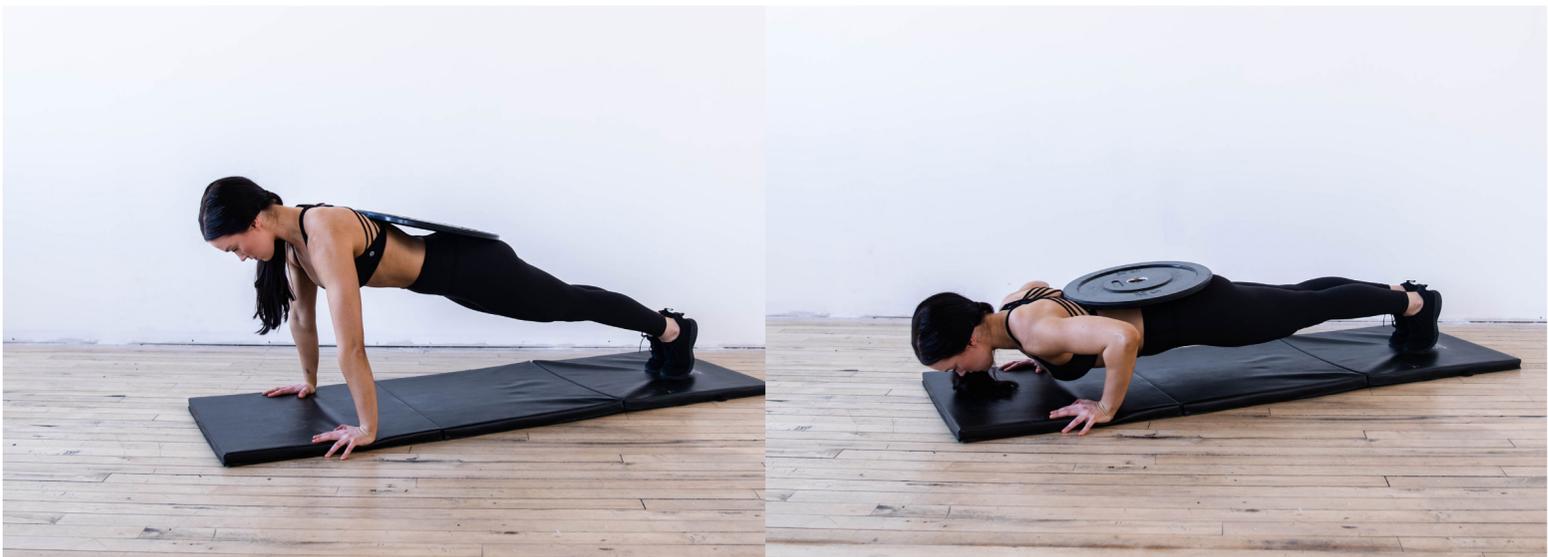
### A. BARBELL SQUATS X 8



### B. PULL-UPS X 8



### C. WEIGHTED PUSH-UPS X 8

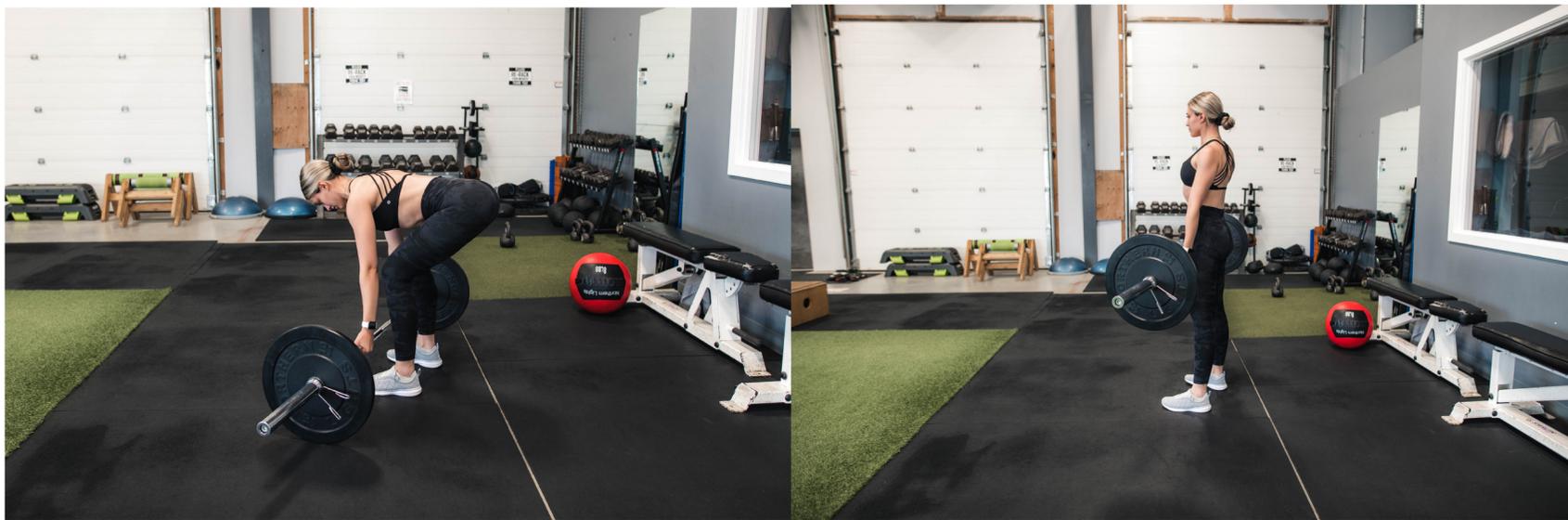


Here is the truth: You are not always going to feel motivated, no one feels motivated all the time. And if you're sitting around waiting for motivation to show up and make you feel wildly excited about this workout, you're going to be waiting a long time. Nothing great ever happened because someone was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

## Circuit no. 2

- Complete 5 rounds
- Rest minimally as needed
- Record your time in TFGG Track!

### A. RDL'S X 12



### B. OVERHEAD BARBELL PRESS X 12



### C. HANGING KNEE TUCKS X 12



## Core Finisher

### PLANK X FAILURE

This sounds simple, but it really isn't. This is one ultimate plank to the finish. This is training for your next TFGG "Plank Off", and this is the only shot you get today at seeing how long you truly can plank for. Make sure you never lose perfect form!

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# Internal Fitness

Weeks 7 & 8 of this round mean one thing: This isn't new anymore, it's becoming part of your actual life.

You've been at this for a serious amount of time now, and I want you to check in with yourself on a few key pillars of growth. It's so easy to have this vision of ourselves that we want to work toward realizing, but unless we are checking in and making sure we're taking steps toward that, it will remain a figment of our imagination forever.

## Journal

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1. How have I progressed in my fitness level since starting TFGG? What are the things I can do now that I am most proud of?
2. How has the way I talk to myself and perceive myself changed? Am I actually my own BFF yet or do I still have a long way to go?
3. How has my relationship with my body changed?
4. How has my body composition changed?
5. What is something I appreciate about myself now that I didn't before I began TFGG?

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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



## Pull-Up Training

### 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 3 sets**

**Both Bands x failure x 3 sets**

### Option 2: Pull-Up Machine

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

Complete your first 2 sets with the 1 rep max weight that you recorded in Block Two. After that, increase the resistance up one notch for every pair of sets. You are going to complete 2 sets at each weight, going to failure at each one. Complete 8 sets total.

## Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

### A. STABILITY BALL KNEE TUCK TO PUSH-UP X 15



### B. INVERSE ROW X 15



### C. STABILITY BALL AROUND THE WORLD'S X 12/DIRECTION



## Challenge Circuit

- Complete 3 rounds
- No rest between rounds

### A. 90° LATERAL RAISE X 45 SEC



### B. DB PUNCHES X 45 SEC



### C. REVERSE FLY X 45 SEC



**CHALLENGE:** Complete these exercises using a single set of weights and do not put them down AT ALL until all 3 rounds have been completed.

## Block Four: 1 Mile Challenge

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- It's been a while since we tested this guy, eh?!
- Time to lace those shoes up, and see how your cardio has been progressing since the last Round of TFGG.
- Check back and see what your best time was from the previous Round. Your goal is to see how much you can beat that number by! Make sure to write it down.
- As you know, if using a treadmill it must be set to a 2% incline. Have fun!

## Stretch

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## 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. SQUAT REACH PATTERN X 10



### 5. TILTED PLANK X 40 SECONDS



### 6. HIGH KNEES X 45 SECONDS



## Giant Circuit

Today, we are mixing up Met Con and doing things a little differently. Rather than 3 individual circuits, you have one giant one! You are going to complete it with perfect form, record the time, and then try to beat yourself in Rounds 2 & 3. Game on babe.

**COMPLETE 3 ROUNDS TOTAL! RECORD YOUR TIME FOR EACH!**

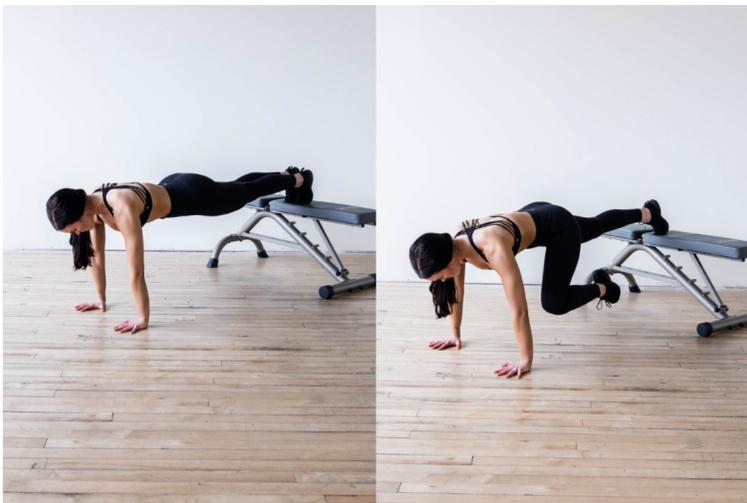
### A. BOX JUMPS X 20



### B. SQUAT THRUSTERS X 20



### C. ELEVATED MOUNTAIN CLIMBERS X 40/LEG



### D. WEIGHTED JUMP LUNGES X 12/LEG



### E. OBLIQUE V-UPS X 20/SIDE



### F. UP & OVERS X 30/LEG



## G. MAX EFFORT CARDIO X 2 MINUTES

\*Can be done on any machine/outdoors/track

## Stretch

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# Goal Setting

## Map it Out

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Clear, straightforward, and impactful. That is what this Block's Goal Setting focus is all about. You've probably heard me talk by now about how important it is to build trust within ourselves; to believe ourselves when we say something in our mind that we are going to complete or achieve.

That becomes a really difficult process when we get caught up in grandiose claims and extremes. It becomes harder to trust the things we tell ourselves when we make claims like "I am never eating junk food ever again" or, "this is the last time I will ever fall off of my training program for the rest of my life."

One of the cycles that contributes to this most is the Sunday binge resulting in the pressure of Monday perfection. As long as we continue to make this false (and often unhealthy) promises to ourselves, we are always going to be destined to let ourselves down. That means a very simple result: we no longer trust our own word.

Block Four is all about changing that. Over these next few weeks, we will be setting some of the simplest to execute goals possible, and showing yourself that you are capable of completing them!

You ready?

1. What is ONE healthy habit that you can incorporate into every single day over the next two weeks? (Keep as simple as you can, because the most important things here is that you don't miss a day!)
2. What is ONE simple swap you can make regularly that will result in you taking a step closer to the version of yourself that you are working toward? (This can be anything from nutrition to sleep to any habit whatsoever).
3. Map out all of your workouts for the next week. Come back and check each one off as you complete it.
4. Manifest how you are going to feel at the end of these two weeks. Begin to embody and live in that energy right here, right now.

## Active Rest

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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.