

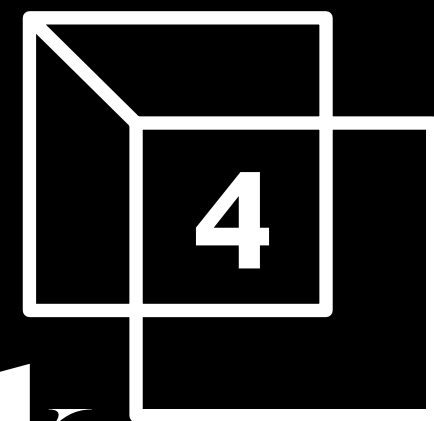
TFCG

the fit girl gang

BLOCK

4

Weeks 7 & 8



Getting Started

Welcome to Block Four you beautiful, wonderful, strong woman! Like I talk about in this Block's Chat: Studies have shown time and time again that the majority of people who start a "fitness program" give up before the half-way point. Well, you're here which means you are NOT the majority of people. You are a mother effing boss who has crushed the past six weeks and is turning TFGG slowly but surely into a way of life. Here is what you need to do to make the next two weeks your best:

- Watch each of the new Chat videos (and take notes)! Get ready for more knowledge, and to take on a new habit and expand your mindset even more. These videos aren't crazy long, but they are VERY important.
- Make sure to watch each of the new Exercise Reference videos right away! You need to go in to the gym prepared to conquer each workout... No more trying to load videos for the things you don't understand in between circuits.
- Don't be afraid of a challenge! It might be cheesy AF, but we all know nothing great ever came from your comfort zone. Make sure you are selecting weights that will seriously challenge you (while maintaining good form of course) and pushing yourself in every cardio workout.
- Journal, journal, journal. Don't get lazy on yourself now babe! Keeping up with your journaling is one of the most essential components of the results you are working so hard for. Keep track of everything that your workouts tell you to, and make sure to check in each day with even just a few sentences or your mantra.

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



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 W/ PULSE X 12



B. BOUNDING X 25



C. HAMSTRING CURL TO BRIDGE X 15



Legs and Glutes

Circuit no. 2

- Complete 2 rounds
- Rest x 60 seconds between rounds

A. ELEVATED BODY WEIGHT SPLIT SQUATS X 12/LEG



B. ELEVATED BODYWEIGHT SPLIT SQUAT HOLD X 30 SEC



*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's serious.

C. SUMO SQUAT HOLD X 90 SEC



Legs and Glutes

Circuit no. 3

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. SINGLE-LEG HIP THRUSTS X 15/LEG



B. BENCH BURNERS X 30/LEG



*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's serious.

C. JUMP LUNGES X 15/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.

Sprints

It's time to channel your inner super hero and get ready to run...fast. Sprints are finally here! You might be a little nervous, but you've done so much already babe, there is nothing you can't conquer by now. We are going to challenge your ability to push yourself anaerobically and your ability to recover! Aka you are about to get an incredible cardio workout, and that 5km run coming at you in Block Five will feel like a breeze after pushing through these.

Directions

- Choose your method. You can run your sprints outdoors, on a track, or on a treadmill.
- Warm up for 5 minutes of steady state running/jogging at a moderate intensity.
- Sprint! You are going to run ALL OUT for 45 seconds at your sprint speed. Not sure what your sprint speed is at all? Start a little bit slower on the first one and then work your way up! Remember, safety always comes first.
- Recover. Once you get to 45 seconds, grab the handles of the treadmill and safely step to the sides (if you aren't on a treadmill, just stop sprinting). You are going to stay here for a FULL RECOVERY for 45 seconds. This means no walk or jog, just a full on standing rest... you should need it.
- Repeat this for 15 rounds total. This adds up to 22 minutes and 30 seconds.
- Cool Down. After your sprints, you have a mandatory 5 minute recovery run at a moderate pace.

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

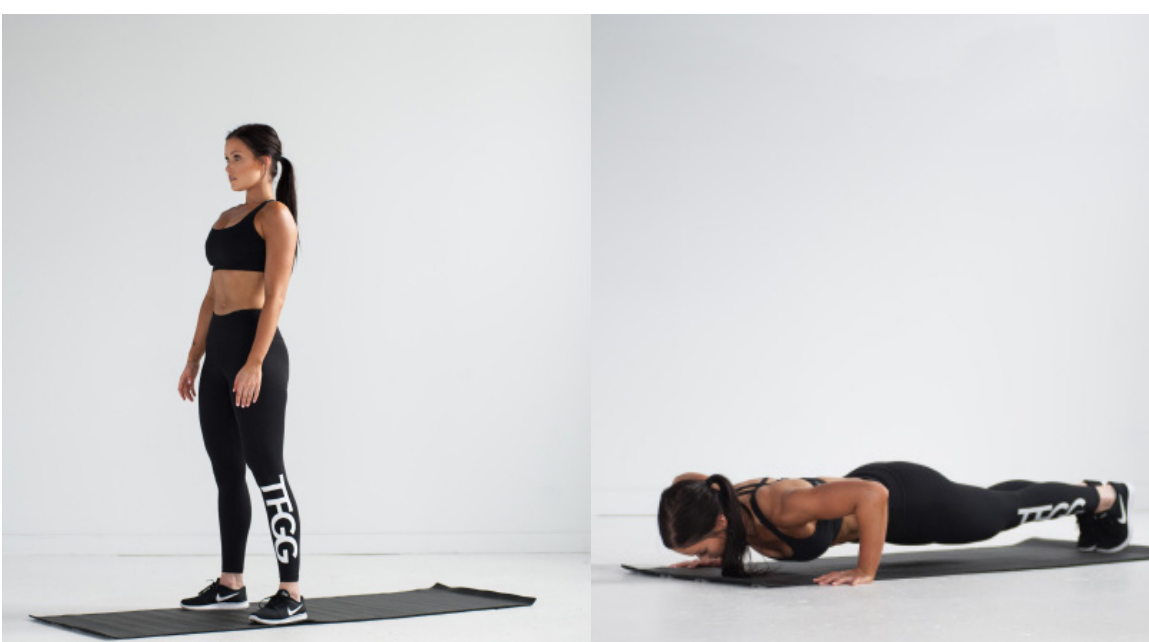
1. BAND PULL APARTS X 12



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. RDLS X 15



B. SINGLE-LEG ELEVATED BRIDGES X 20/LEG



C. WEIGHTED JUMP SQUATS X 20



* Modify to goblet squat if you can no longer complete with good form.

Push-up Test

- How long does it take you to do 50 push-ups?



HOW TO DO IT:

• How long does it take you to do 50 push-ups? Set your timer and begin. You may take as many breaks as you need, but ensure that each push-up is performed with perfect form. Once you reach 50, record the time in your journal! If you can't do push-ups from your toes yet, don't worry! Follow the exact same guidelines doing push-ups from your knees. You can also choose to switch to your knees at any point during this test, just make sure to record how many were done from your toes and how many were modified.

Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

B. BENT-OVER ROW X 12



C. X-HOLD 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. 2

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. STABILITY BALL TOE TAPS X 60 SECONDS



B. V-UPS X 20



C. TILTED PLANK X FAILURE



Stretch

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

Internal Fitness

You might love it, or you might really struggle with it, but today is #thoughtfulthursday. It's time to work on bettering ourselves on the inside.

Journal

WRITE DOWN:

- Something that you want to achieve in life, but are terrified of failing at.
- Someone and something you are grateful for in your life.
- One thing about yourself that you know you need to be kinder to yourself about.
- A commitment you are making to yourself to better yourself this week. (Remember this Block's Chat: YOU are in control of your own life.)
- 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 4 CHALLENGE:

Do something this week that pushes you to get outside of your own comfort zone. It might be cheesy, but change and growth doesn't take place inside the safe boundaries we set for ourselves. This can be in regards to your social life, relationship, fitness, diet, school, work, literally anything that pushes you to do something you've always wanted to, but normally wouldn't! Share it with the Facebook Group (if you feel like it) once you do it, to inspire others to crush this challenge too!

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. 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. ELEVATED PUSH-UPS X 10



B. TRICEP DIPS X 15



C. STABILITY BALL PLANK X 60 SEC



Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. SHOULDER PRESS PYRAMID X 10 REPS X 3 SETS



B. REVERSE FLY PYRAMID X 10 REPS X 3 SETS



*When doing a pyramid set, you need to use 3 sets of dumbbells, each slightly lighter than the one before. Do your first set with the weight you would normally use for the exercise, then lower your weight slightly for the second set, and slightly more for the third.

C. MOUNTAIN CLIMBERS X 60 SEC



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 2 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 2 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 1 minute, return to your walking pace.
- You are going to complete 7 rounds of this, for a total of 21 minutes (7 minutes at your walk pace and 14 minutes at your run pace).
- 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. 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!

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. 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. MONSTER BURPEES X 12



B. BENCH HOPS X 60 SEC



C. HIGH KNEES X 100



Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

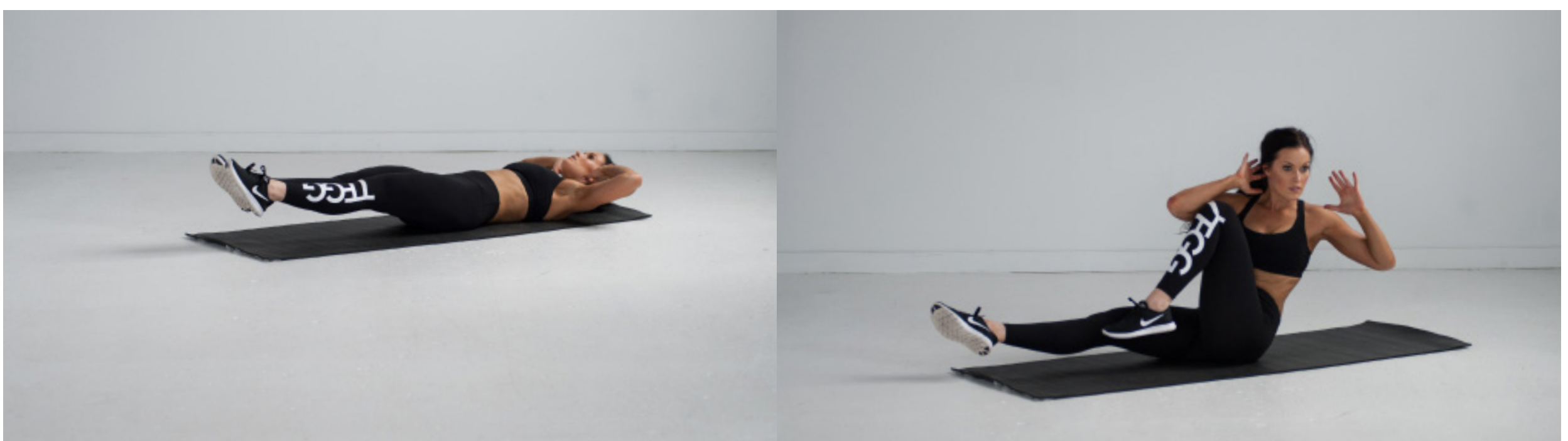
A. JUMP LUNGES X 60 SEC



B. PLANK UP DOWNS X 60 SEC



C. SPRINTERS X 10/SIDE



Superset no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. UP AND OVERS X 1:15



B. CHOICE CARDIO X 60 SEC

This can be done outdoors, or on ANY piece of cardio equipment of your choice. Go ALL OUT the entire time and push yourself!

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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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. I have less than one month left of TFGG Round One left. How do I want to feel and what do I want to have achieved by the time I get to the end of this round?
2. What do I need to do to achieve the above in the healthiest way possible?
3. What are the things that I am most proud of that I have achieved so far?

Finally:

4. How can I make this week incredible? What do I need to do this week so that I end the week feeling proud, satisfied, and know I did my best? (This can be related to work, life, training, anything!)

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.