

# TFCG

*the fit girl gang*

**BLOCK**

**4**

**Weeks 7 & 8**

## An Important Reminder

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As you know better than anyone, the workouts in your TFGG training programs have become increasingly more challenging in many ways. One thing I want to make sure you are paying attention to as your training progresses, is truly taking care of your body.

What do I mean by that? I mean listening to it and going it what it needs! If something hurts (not in a good way) don't just try to "tough it out". That is only going to come back around to bite you in the ass later. I want you to take all pain seriously. Modify as you need to, and make sure you ACTUALLY go see a professional to have anything that persists looked at.

I know how tempting it can be to push your limits and want to go harder and harder, but sometimes we need to stop and recognize when we are doing more harm than good. So please, train hard, but with equal intensity, focus on your bodies long term well-being and longevity.

Love you guys! Hope you all enjoy Perform Block 4!

## 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

## Circuit. 1

- Complete 4 rounds
- Rest x 45 seconds between rounds

### A. BANDED PAUSE BARBELL SQUATS X 8



\*Pause for 2 full counts at the bottom of each squat

### B. BANDED JUMP SQUATS X 25



\*Focus on getting maximum height at the top of each jump

### C. BANDED PAUSE HIP THRUSTS X 12



\*Pause for 3 full counts at the top of each Thrust

### D. BANDED BODYWEIGHT HIP THRUSTS X 25



# Legs and Glutes

## Circuit. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. SUMO DEADLIFTS X 10



### B. DOUBLE BANDED LATERAL WALKS X 15/DIRECTION



### C. BANDED BOUNDING X 30



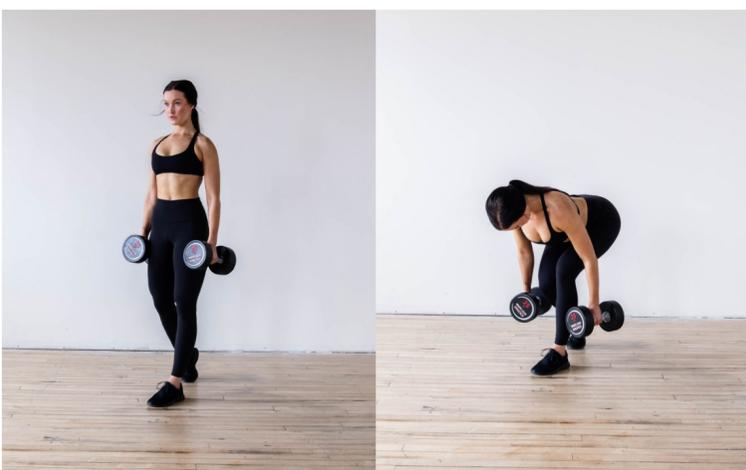
# Legs and Glutes

## Circuit. 3

- Complete 2 rounds
- Rest x 60 seconds between rounds

\*This circuit is paired! Do all reps of each exercise on one side before switching to the next.

### A. SINGLE-LEG RDLS X 12/LEG



### B. LATERAL SQUATS X 15/LEG



### C. SINGLE-LEG HAMSTRING CURLS X 12/LEG



## Stretch

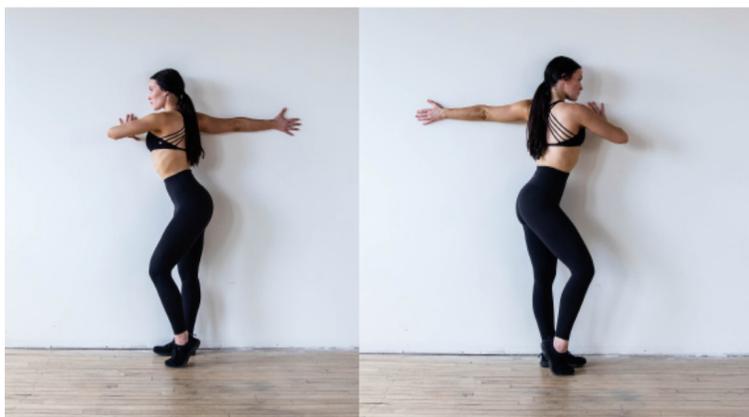
- Spend at least 5 minutes post-workout stretching out all of the major muscles groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step.
- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to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

## 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



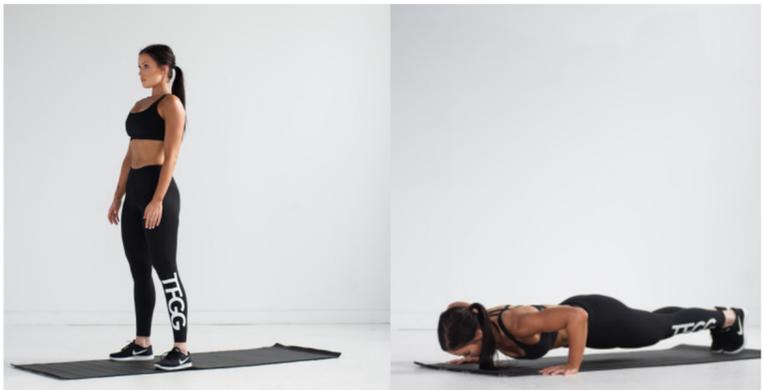
### 2. BAND PULL APARTS X 12



### 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.

## 13 Minutes x 3 Circuits

Today's workout is pretty straightforward (and super hardcore. Shocker, I know). For each circuit you complete, you are going to get in as many rounds as you can in 13 minutes.

Set your timer at the beginning of each circuit and go! Make sure you have all of the equipment you need set up and ready before you begin. You can take breaks as you need, but try to keep them as short as possible. Track how many rounds you complete in 13 minutes, as well as the weights you use.

The final twist: The goal here is to maintain the same weight & resistance throughout every round of a circuit. So if you start with a certain weight, try and maintain it throughout every round.

### Circuit. 1

- Max rounds in 13 minutes

#### A. PULL-UPS X 8



#### B. WEIGHTED PUSH-UPS X 8



#### C. V-UPS X 20



## Circuit. 2

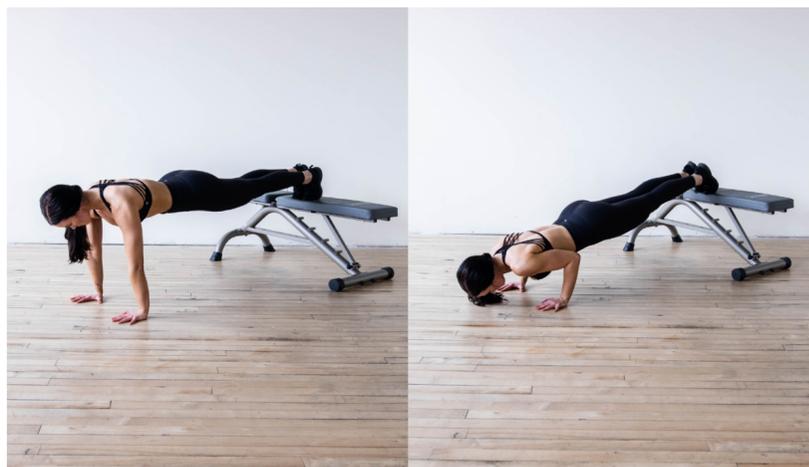
• Max rounds in 13 minutes

### A. BENT OVER ROW W/ ISO HOLD X 6/6/6



\*Right arm x 6 / Left arm x 6 / Both arms x 6

### B. ELEVATED TRICEP PUSH-UPS X 10



### C. TILTED PLANK X 45 SECONDS



## Circuit. 3

- Max rounds in 13 minutes

### A. INVERSE ROW X 15



### B. BARBELL OVERHEAD PRESS X 12



\*Add as much weight to the barbell as you need to challenge yourself

### C. HANGING LEG RAISE X 12



## 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



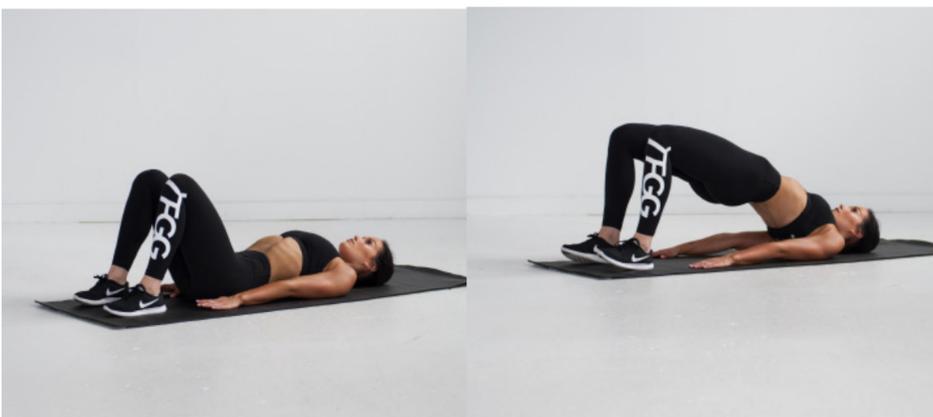
### 3. PLANK X 45 SEC HOLD



### 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

## Run + Train (uphill edition)

### How it works:

As you can see, this is a (semi-evil) upgrade from what we did in Block One. You are going to need a treadmill, a little space beside it to train, and one set of dumbbells. There is no other equipment needed for this workout! Set the treadmill to MAX incline (15%) and choose a pace that will be difficult and challenging to run at for 60 seconds, but is not your all out max.

**60 seconds: Run uphill!**

**45 seconds: Do as many reps as you can of the listed exercise!**

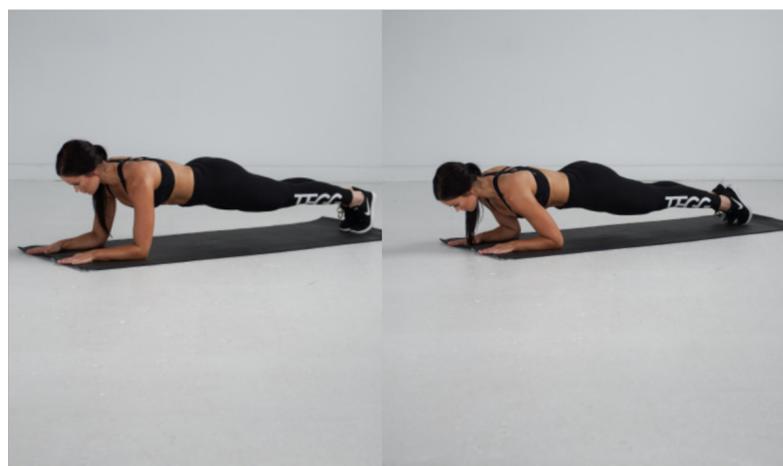
**45 seconds: Rest and get ready for the next round.**

**You are going to go through the entire list two times! This means you will do a total of 16 minutes of uphill running and 12 minutes of Met Con training.**

### A. JUMP LUNGES



### B. TILTED PLANK



### C. HIGH KNEES



### D. PUSH-UPS



# Met Con Cardio

## E. BURPEES



## F. V-UPS



## G. MOUNTAIN CLIMBERS



## H. GLUTE BRIDGES



# 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

If there is one concept that I have been obsessed with lately, it's living for OURSELVES.

What do I mean by that? So often it's easy to get caught up in living to meet the expectations of others. I feel like pleasing our peers, parents, and partners is such an ingrained part of our culture that we barely even realize how deeply it affects the choices we make. Today we are going to start to change that.

## Journal

- When was the last time I spent time worrying about someone in my life judging me for a decision I was making? Make sure to write down the decision and the person who's judgement you feared.
- Why do I think it is so important to please the people in my life, over making decisions that will fulfill me long term? What are some choices that I would make right now if I were no longer afraid of what others would think of me?
- How do I want to feel as a 93 year old woman looking back on my life?

# 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

## The 1,000 Rep Workout

Okay, so here's the deal: you can actually think of today as a joint Explosive Legs Workout + Experiment Day. Remember that high-rep leg workout from Block 3? Well that was preparation for something I've always wanted to experiment with. What would it feel like to do a 1,000 rep lower body workout? I guess today we are all going to find out.

When selecting your weights for today, do so keeping in mind we are going for a LOT of reps! That doesn't mean you have to go weight-free, but go lighter than you would for a regular session. Also know that you can always lower your weights as you go if need be.

Have fun! xx

Jo

## Let's do this.

Note: how you break up the reps into sets is up to you, but for this workout you are required to COMPLETE all reps of one exercise before moving on to the next. You can take breaks, but go right back into that exercise until all reps are done.

### A. BOX JUMPS X 50



### B. SUMO SQUATS X 100



### C. SINGLE-LEG HIP THRUSTS X 75/LEG



### D. OVERHEAD WALKING LUNGES X 75/LEG



# Explosive Legs

## E. BANDED MONSTER WALKS X 50/LEG



## F. GOLDEN ARCHES X 100



## G. LYING LEG LIFTS X 100/LEG



## H. DONKEY KICKS X 75/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.

Well, today is BY FAR the most experimental day yet. Why? Because you are going to train with another human in your life. Here's the plan: Choose someone in your life who loves to workout, has been asking you to bring them along, is nervous but you know they can do it, or just someone you know you will have fun with! Your goal isn't to go all "trainer" on their ass and point out what they need to fix the whole time, it's to gently coach them as you train alongside them. Yes, you are a motherfucking badass on TFGG Perform Block 4, but you will need to check your ego a little because today is all about them and all about you.

## Game Plan:

- Choose the TFGG workout ahead of time that you are going to take your training partner through! This can literally be any workout from any program, just know that you will both have to modify it differently according to your needs.
- Hype them up about their workout when you get there and make sure they know that today will be a challenge, but mostly that you're both there to have fun and spend quality time together.
- Take them through a full TFGG warmup and Movement Prep. Make sure to annoyingly remind them at least 7x how important it is for them to do this when they train on their own (the same way I annoy you about it!)
- As you get into the workout, demo all exercises in a circuit for them before you begin the circuit. Ask if they have any questions and let them know that they should start light when it comes to weight and pay attention to how their body feels.
- Try your best to encourage them as you guys go through it! It's up to you if you want to go a little lighter or slower today to help ease them into things. After the workout as you stretch, make sure they know how proud you are of them for showing up. Remember, we ALL have to start somewhere and no matter what their performance was today, you should both be so proud.

## Disclaimer:

You are (likely) not a certified coach, so even though I want you to show them good form, I don't want you to pretend to have all the answers! Even coaches don't have all the answers, believe me! If your person doesn't feel safe doing something, or say something hurts (not in a good way) make sure they are listening to their body and always suggest that they speak to a professional for help.

# Goal Setting

## Goal Setting

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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.