

# TFGG

*the fit girl gang*

**BLOCK**

**5**

**Weeks 9 & 10**

## General Guidelines for Block Five

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Here is how I want you to visualize TFGG LIFT Block Five: We are taking all of the training components that you have been working on in this past year and putting them together. That means you'll notice a couple key things:

1. It's really hard. I'm sure this is no surprise to you by now, but it is going to take a lot of mental and physical strength over these next two weeks. I believe in you though, and if you've completed each of the Blocks fully and with intention leading up to this point, then you should be able to conquer this no problem.

2. We are testing a lot. Yep! Because we want to see how far you've come in your strength, speed, and endurance. I want you to please listen to your body. Please push yourself, but make sure you are doing it in the safest way possible. You are an athlete and such a champion, and I am so incredibly proud of how far you have come in this past year.

**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. TABLETOP TOE TAPS X 20/ LEG



# Legs and Glutes

## Movement Preparation

### 5. BANDED LATERAL TAPS X 30 SECONDS/SIDE



### 6. BANDED BODYWEIGHT SQUATS X 20



#### 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

## Barbell Back Squats

- Complete 5 rounds
- Rest x 60 seconds between rounds

**X 8 REPS**



- Complete five sets total with 60 seconds of rest between each.
- Make sure to work up toward your working weight with as many warm-up sets as you need!

# Legs and Glutes

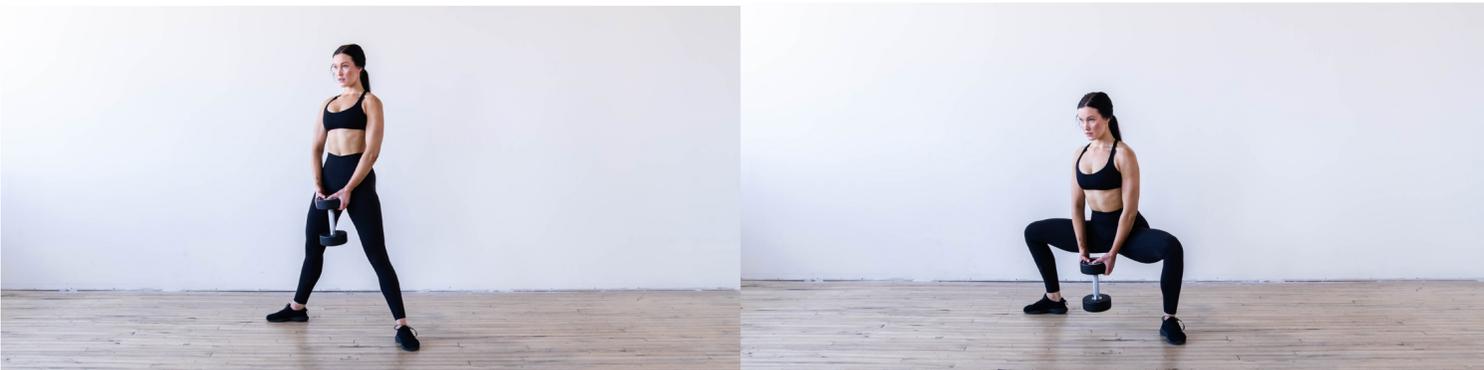
## Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. SUMO DEADLIFTS X 10



### B. WEIGHTED SUMO SQUAT HOLD X 60 SECONDS



### C. DOUBLE BANDED LATERAL WALK X 15/DIRECTION



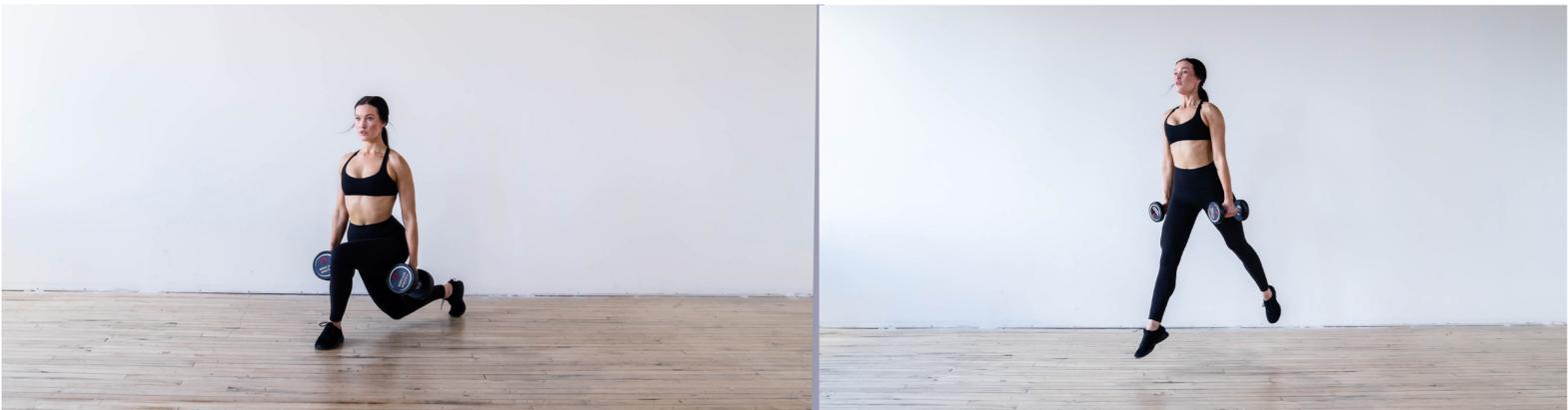
# Legs and Glutes

## Circuit no. 2

- 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.

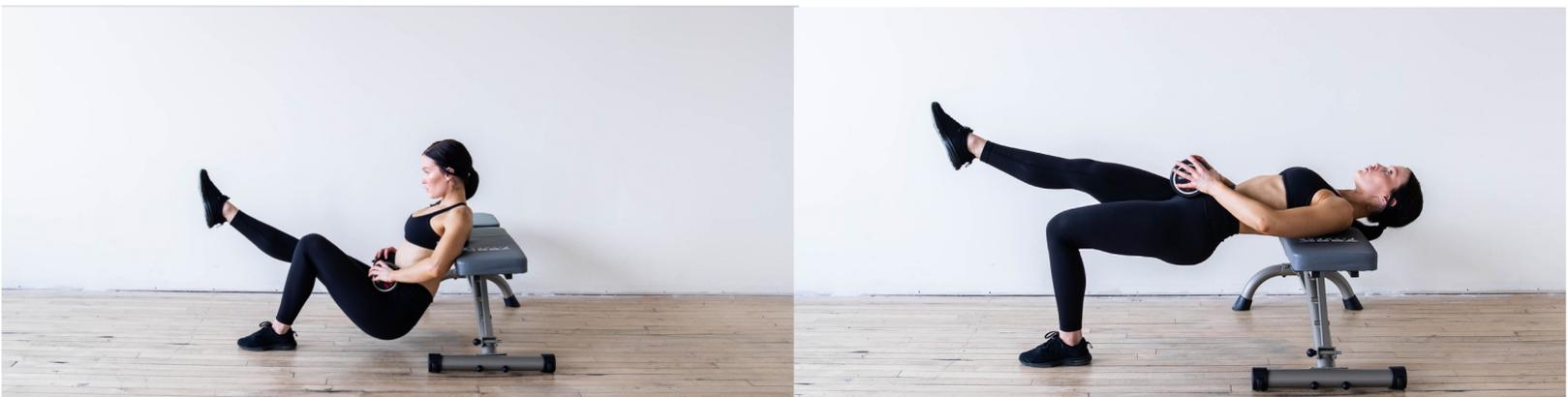
### A. WEIGHTED SPLIT SQUAT JUMPS X 15/LEG



### B. SINGLE-LEG HAMSTRING CURLS X 10/LEG



### C. WEIGHTED SINGLE-LEG HIP THRUSTS 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.

# Internal Fitness

You'll notice this is in a different order than it usually is! That's because I want you to have some recovery time before tomorrow's workout. Please don't be nervous, instead I want you to seriously focus on mobility and recovery! Stretch, get a massage, do yoga, foam roll, go for a walk, do whatever makes your body feel like it is ready to perform at it's best!

"Get outside yourself". I will never forget the first time I heard this concept explained on a podcast and it clicked so hard. The truth is, life can be tough. Even when things are going well and we're feeling on top of our game, there can still be stresses and insecurities that can get us down and allow us to feel overwhelmed by just about everything.

There is a cure to this, and it's simpler than we realize: Getting outside yourself. When we fixate on ourselves - where we're supposed to be in life, finding a partner, working toward a body composition goal, etc. - it's easy to get caught up in an obsessive spiral that never ends. The moment that we are able to shift our focus to things BIGGER than our own problems, the easier we are able to put our own problems in perspective.

The two easiest ways to get outside of ourselves are:

1. Finding gratitude.
2. Being there for someone else in need.

## Journal

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- Who is someone in my life who is struggling right now?
- What can I say to them to let them know that I'm there for them no matter what they might be going through?
- What is an activity we can do together this week that will allow us to connect and spend meaningful time together?
- If there is one lesson you've learned since joining TFGG about how to treat yourself and shift your perspective that you would want to share with them, what would it be?
- Okay, now please go! Get outside yourself, and make someones life a little brighter. Never underestimate the power you have and what an incredible human being you are to the people in your life.

## 5 Km Run

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Yep, it's happening again! First thing's first: go back and remind yourself of your best time from Block One of TFGG LIFT. Once you have your goal, you're going to hit the tread (or the trail) and re-test your 5km time. It's just like you've done before, only hopefully a little quicker and with a bonus challenge!

## Directions

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- Choose your method: Whether you are going to run on a treadmill or outside, keep it consistent! **TREADMILL:** set the incline to 2.0 to mimic running outside.
- **OUTSIDE:** choose a path that you know is 5km and stick to it each time you do this run.
- Warm Up: Spend 5 minutes lightly jogging before beginning your run to warm up your body and prepare your heart for intense cardiovascular exercise.
- Block Five New Challenge: Just like in Block One, we are going to keep the "no walking" rule. Remember that you can still slow down as much/as often as you need, but try to keep yourself in a jogging motion at all times. The new challenge being added takes place as soon as you complete your 4th km: you are going to take that one **AS FAST AS YOU CAN!** I want you to pretend like this is the end of a marathon and you are only minutes away from the finish line. While this is likely far from a sprint, I want you to pick up the pace significantly to the end!
- Write it down: Record your final time down in TFGG TRACK so that you have it to compare against going forward. You are going to be doing this challenge two times in Block 5 so make sure to write down both of your times.

## Stretch

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- 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. 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 20



### 6. PLANK X 60 SECONDS



## The Murph

We are going to be doing something VERY different for your full body workout today! The Murph is a workout that is done in the Crossfit community typically on Memorial Day. It was created to honour Navy Lt. Michael Murphy (a SEAL who died in Afghanistan in 2005 in battle). There are a few things to note:

1. I did not develop this workout! I have, however made a few TFGG specific modification on how to perform it in the safest and most effective way possible.
2. Although this is a workout done in Crossfit, you do not need to be a Crossfit specific athlete to do this what so ever! It is one of the most fun challenges I have ever personally completed, and at this point in your training, I have full confidence that you are ready and able to take it on like a champ.

I can't wait to hear what you babes think of this!

### A. 1 MILE RUN

- This is to be performed outside or on a treadmill as the first part of the workout. You want to go fast, but not so fast that you need to stop or walk. The goal here (just like in our 5km run) is to remain in a running/jogging motion until the mile is complete.

### B. 100 PULL-UPS

#### 200 PUSH-UPS

#### 300 BODYWEIGHT SQUATS

- These can be done in any order you like!! My recommendation is to break them down into reasonable sized circuits and do as many rounds as needed by the time they are complete. ie. 10 pull-ups/20 push-ups/30 bodyweight squats x 10 rounds. It's totally up to you though!
- Pull-Ups: it is up to you if you are going to use bands or a machine (either are fine!). Please just make sure you are challenging yourself seriously with the weight, and not just going easy on yourself to get a better time.
- Push-Ups: You CAN drop to your knees, but only when you absolutely need to! Don't cheat yourself to get a better time here either.



## C. 1 MILE RUN

- Yep... this is to be performed outside or on a treadmill as the last part of the workout! Same rules apply: You want to go fast, but not so fast that you need to stop or walk. The goal here (just like in our 5km run) is to remain in a running/jogging motion until the mile is complete.

### RECORD:

- The most important thing for you to record is your final time once The Murph is complete.
- If you can though, try and keep track of how many push-ups were done from your toes, and how many were done from your knees (if any) so that you have it for reference next time you complete this.
- Also try and keep track of the resistance you used (whether it be via band or machine) for your pull-ups!

Have Fun!

## 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.
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# Goal Setting

## Map it Out

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Well, we are almost at the end of another Round. Isn't it insane how fast these go by? I know you have things to do, and I know how much less statistically likely it is for you to be dedicated to goal setting at the end of a Round than you were at the beginning of it, but I want to ask you for a big favour and to answer the following questions for me, please. I promise you'll be glad you did, because as we both know: setting goals doesn't stop just because this Round is complete. Let's continue to grow and evolve together, shall we?

1. What goals did I set for myself at the beginning of this Round? Which ones have I completed, and which do I have yet to crush?
2. What program do I plan on doing next? How am I going to continue to challenge myself with fitness, and make sure I'm really enjoying myself at the same time?
3. What are my next fitness performance and health goals?! 4. How do I want to feel, by the time this year is done?

## 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.

## 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. 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 60 SECONDS



Rather than 3 rounds, you only have 1 today. Here is the deal: Yes, you are trying to see how long it takes you to complete everything, but I cannot stress enough how much **PROPER FORM** and **SAFETY** matter above all else! Please be just as cautious and careful as you would be in any other workout. Although some of these exercises are quick and cardio based, many focus on strength and require you to go slowly..

**COMPLETE 1 ROUND AND RECORD YOUR TIME!**

**A. RDL'S : 15 REPS X 3 SETS**



**B. WALKING OVERHEAD LUNGES : 12/LEG X 2 SETS**



**C. DB BENT OVER ROW : 12 REPS X 3 SETS**



**D. TRICEP PUSH-UPS : 15 REPS X 3 SETS**



**E. HIGH KNEES X 60 SECONDS**



**F. BOUNDING : 20 REPS X 4 SETS**



**G. BURPEES : 40 REPS X 1 SET  
(TRY YOUR BEST!!)**

**H. MAX EFFORT CHOICE CARDIO  
: 5 MINUTES**



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## Warm Up

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## Movement Preparation

### 1. CHEST OPENER X 30 SECONDS/ SIDE



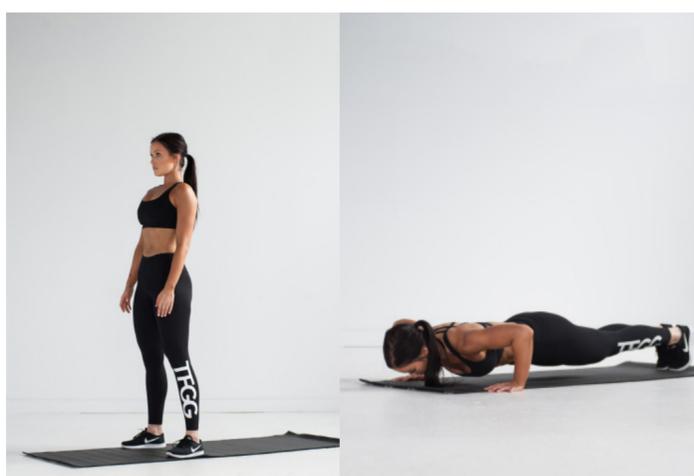
### 2. BAND PULL APARTS X 12



### 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 60 SECONDS



## Pull-Up Training

Today we will be re-testing what you did in Block One and seeing how far your pull-ups have come!

### Option 1: Pull-Up Bands

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

**Can I do any unassisted Pull-ups? If so, how many?**

**How many Pull-Ups can I do with my light band?**

**How many Pull-Ups can I do with my heavy band?**

**How many Pull-Ups can I do with both bands combined?**

### Option 2: Pull-Up Machine

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

**Can I do any unassisted Pull-ups? If so, how many?**

**At what resistance is my 1 REP MAX?**

**At what resistance is my 5 REP MAX?**

**At what resistance is my 10 REP MAX?**

## Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

### A. STABILITY BALL COMBO X 10



### B. INVERSE ROW X 15



### C. WEIGHTED PLANK X 90 SEC



## Circuit no. 2

- Complete 4 rounds
- Rest x 45 seconds between rounds

### A. BARBELL OVERHEAD PRESS X FAILURE



### B. BARBELL BENT OVER ROW X 12



### C. HEAVY RUSSIAN TWIST X 20/SIDE



## Stretch

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