

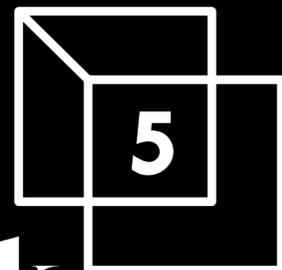
TFGG

the fit girl gang

BLOCK

5

Weeks 9 & 10



Getting Started

Well, it's here at last. The final two weeks of your first round of this ENTIRE PROGRAM! By this point I hope you truly feel like you can take on anything. I am SO proud of you for making it to this point babe. Not for being "perfect", because there is no such thing. But for putting in consistent effort, challenging yourself even when you didn't feel like it, and for being KIND to yourself along the way. Block 5 is quite different than what we've done so far, so here is what you can do to prepare:

- Choose the friend or family member you are going to mentor! Sit down with them, explain to them what TFGG is all about, talk to them about what their goals are, and come up with a Game Plan with them for the next 2 weeks. Remember, you're on Block 5 so it's not realistic for them to do the exact same workouts as you! Set them up to get started with the basics with 1 or 2 of the Block One workouts each week.
- Make sure to CAREFULLY read each workout before you get started. Block 5 doesn't have a ton of new exercises, it's the way things are structured that makes it more challenging than anything we've done before.
- Engage with your TFGG Fam in the Facebook Group, and share what you've been up to these past 10 weeks on Instagram to celebrate!

What you need to know

- Block #5 encompasses weeks 9 & 10 of the TFGG program. There are 5 training days and 2 active rest days for you to complete during week 9, and then repeat in week 10.
- Before beginning each workout, make sure to watch the TFGG Video Reference for how to properly perform each exercise that day with proper form. This is essential for your safety and so you get the most out of each training session!

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.

MANTRA FOR THIS WORKOUT: I AM STRONG, I AM READY, I WILL DO THIS.

Movement Preparation

1. LUNGE W/ REACH X 6/ LEG



2. MONK STRETCH X 2 REACHES/ SIDE



3. DOWNWARD DOG X 30 SECONDS



4. BANDED GLUTE BRIDGE HOLD W/ KNEE PULLS X 60 SECONDS



Movement Preparation

5. 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

Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

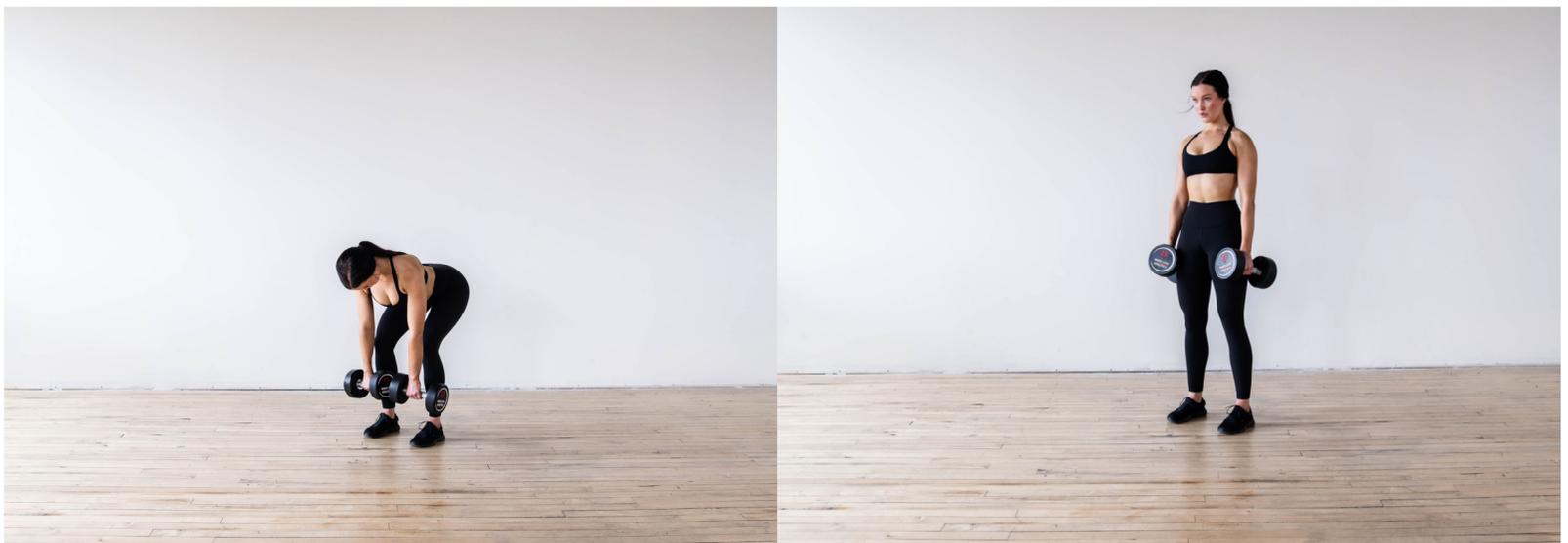
A. GOBLET SQUAT W/ PULSE X 12



B. WEIGHTED JUMP SQUATS X 20



C. RDLS X 12



Legs and Glutes

Circuit no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. WALKING LUNGES X 10/LEG



B. JUMP LUNGES X 10/LEG



Each round of Circuit 2, you must do 2 rounds of Exercise A+B before progressing to exercise C. So...Walking Lunges x 10/leg + Jump Lunges x 10/leg and then REPEAT.

C. CURTSY LUNGE COMBO X 8/SIDE



Legs and Glutes

Circuit no. 3

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. WEIGHTED DONKEY KICKS X 20/LEG



B. BENCH BURNERS X 30/LEG



C. SINGLE-LEG HIP THRUSTS X 15/LEG



The above 3 exercises are to be paired together. Pairing exercises means doing all reps of each exercise on one leg, and then repeating them on the other leg. Yep, it burns.

Finisher

UP AND OVERS X 90 SECONDS

- Complete 1 round



Legs and Glutes

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.

5 Km Challenge

Time to test your 5k! Excited? Whether you loved or hated the run in Block One, it doesn't matter. This is going to be incredible for 2 reasons.

1. You have been training like a mother effing champ for the last 6 weeks since then and are not the same girl you were when you did this run last time.
2. You are going to get to compare this run time to what you did in Block One, and will be BLOWN away at how much easier it is to run steady state after training all of the uphill and HIIT work you have done.

MANTRA FOR THIS RUN: IT WON'T BE EASY, BUT IT WILL BE WORTH IT.

Directions

- 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.
- GO! Turn on a song that makes you wanna fly and just start! If you have to slow down to a walk or jog during this challenge, that is completely fine. Just don't stop moving your body until you successfully reach that 5km mark.
- Write it down: Record your final time down in your journal (along with today's date) so that you have it to compare against going forward. We are going to be doing this each round of TFGG, so it's really important you keep all of your times!

Stretch

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- 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

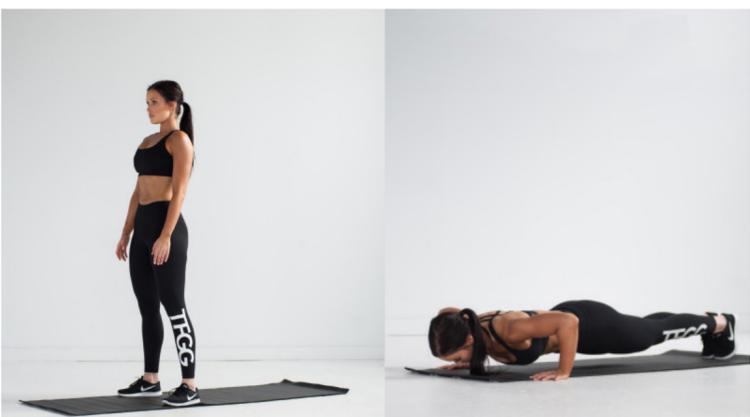
1. BAND PULL APARTS X 12



2. LUNGE W/ REACH X 6/LEG



3. WALKOUT TO PUSH-UP X 6



4. PLANK X 60 SECOND HOLD



5. BODYWEIGHT SQUATS X 20



6. BANDED GLUTE BRIDGES X 15



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. SPLIT SQUATS X 12 + SPLIT SQUAT HOLD X 30 SEC



B. BOUNDING X 25



C. HAM CURL TO BRIDGE X 18



Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. PUSH-UPS X FAILURE



HOW TO DO PUSH-UPS TO FAILURE:

- It's baaaaaack!! Time to test again and compare it to what you could do in Block One. Complete as many push-ups from your toes as you can.
- Once you can't do any more, IMMEDIATELY drop to your knees and perform as many modified push-ups as you can.
- Once you've reached failure on both your regular and modified push-ups, WRITE DOWN the number of each that you were able to complete in your journal along with the date!

B. BENT-OVER ROW PYRAMID X 10 REPS X 3 SETS



C. FRONT EXTENSION 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.

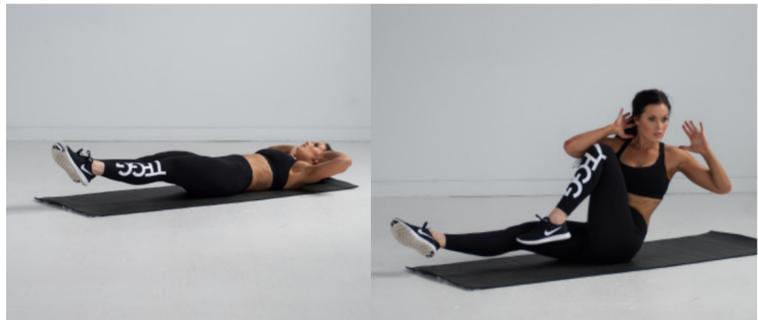
Circuit no. 3

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. STABILITY BALL KNEE TUCKS X 15



B. SPRINTERS X 12/SIDE



C. ADVANCED BENCH LEG LOWERS X 12



Stretch

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- 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

Internal Fitness is about appreciating the growth that has taken place since you joined the Gang. You have done something INCREDIBLE, and I don't want you to downplay it! It is so easy to get caught up in life in the things we want to do next, that we forget to stop and feel accomplished as hell about the things that we achieved.

Journal

WRITE DOWN:

- How has TFGG changed my life since I started?
- How have I grown stronger mentally?
- What are the mindset changes I have made that I feel most proud of?
- What are the changes to my day-to-day routine that I am most proud of consistently implementing?
- What am I most proud of when it comes to my fitness and everything I have achieved since starting?

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.

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. PUSH-UPS X 10



6. PLANK X 60 SECONDS



Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. SPIDERMAN PUSH-UPS X 6/SIDE



B. SHOULDER PRESS PYRAMID X 12 REPS X 3 SETS



C. STABILITY BALL TOE TAPS X 60 SECONDS



Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. SHOULDER CLOVER X FAILURE



1. LATERAL RAISE



2. FRONT RAISE



3. REVERSE FLY

To perform a Shoulder Clover, complete as many reps of each of the above three exercises as you can with good form. Make sure not to move on to the next exercise, until you have done ALL the reps you can on the exercise before it. Do not put your dumbbells down in between! You are going to use a single pair of weights, and go until all three exercises have been

C. TRICEP PUSH-UPS X 15



Uphill Intervals

- 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%)

- This is what we have been working up to with our Uphill Climbs these past eight weeks! Now comes the real challenge: Uphill Intervals
- You are going to choose a pace that you can run uphill at max incline for 60 seconds. As I'm sure you know, this should be extremely tough! You are going to have a full minute to recover while standing on the sides of the treadmill, and you should need that time to recover - If you feel good to go after 20-30 seconds, it means you aren't going hard enough.
- You are going to complete 10 rounds of 60 seconds run / 60 seconds walk for a total of 20 minutes!
- I believe in you, you've been working hard for this.
- PS. I just want to note that if your uphill intervals are not at a running pace yet, that is **ABSOLUTELY OKAY!** You have all the time in the world to get there, babe. It's just about doing what you can today and feeling proud of yourself for it.

Stretch

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- 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. DOWNWARD DOG X 30 SECONDS



2. LUNGE W/ REACH X 12



3. MONK STRETCH X 2 REACHES/SIDE



4. BODYWEIGHT SQUATS X 20



3. FRONT TO BACK BEAR CRAWL X 60 SECONDS



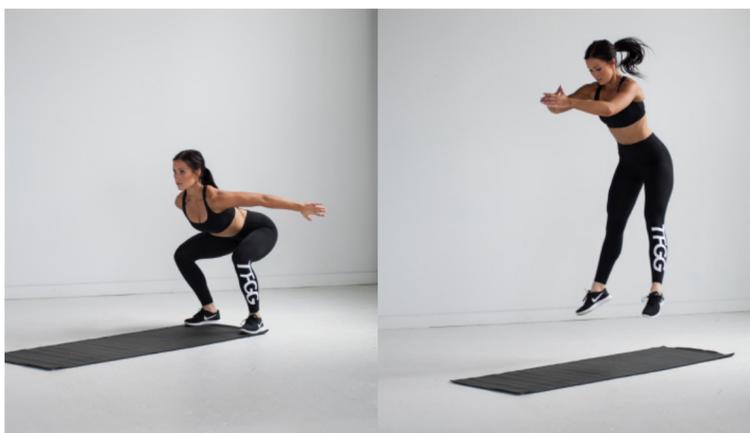
Ultimate Countdown

Complete 5 rounds, taking 4 reps off of each exercise with every round.

- Round 1 you will do 20 reps of each exercise
- Round 2 = 16 reps
- Round 3 = 12 reps
- Round 4 = 8 reps, Round 5 = 4 reps.

30-45 seconds rest between each round (only take as much time as you need)

A. BOUNDING



B. PLANK UP DOWNS



C. V SITS



D. SQUAT THRUSTERS



EMOM no. 1

EMOM stands for: Every Minute On the Minute

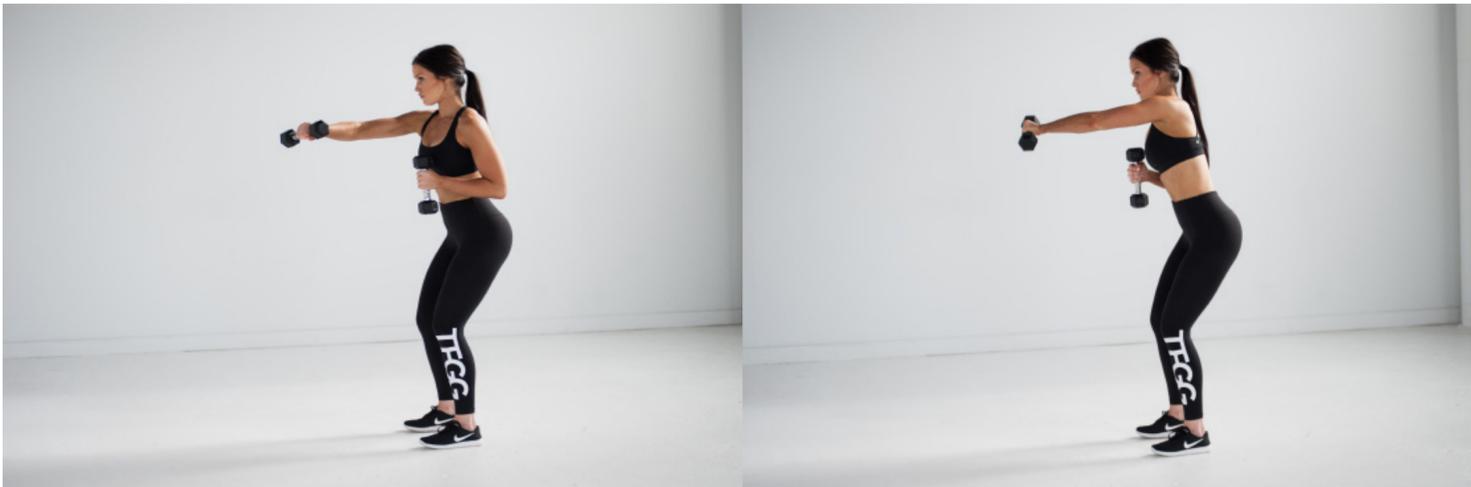
You are going to complete 6 minutes of work straight with NO rest in between.

At the beginning of each minute, you are going to do 10 Burpees. Then for the rest of the minute, do as many Dumbbell Punches as you can. As soon as the minute is up, begin your burpees again! Complete this for 6 rounds total.

A. BURPEES X 10



B. DUMBBELL PUNCHES X MAX REPS (UNTIL MINUTE IS UP)



EMOM no. 2

EMOM stands for: Every Minute On the Minute

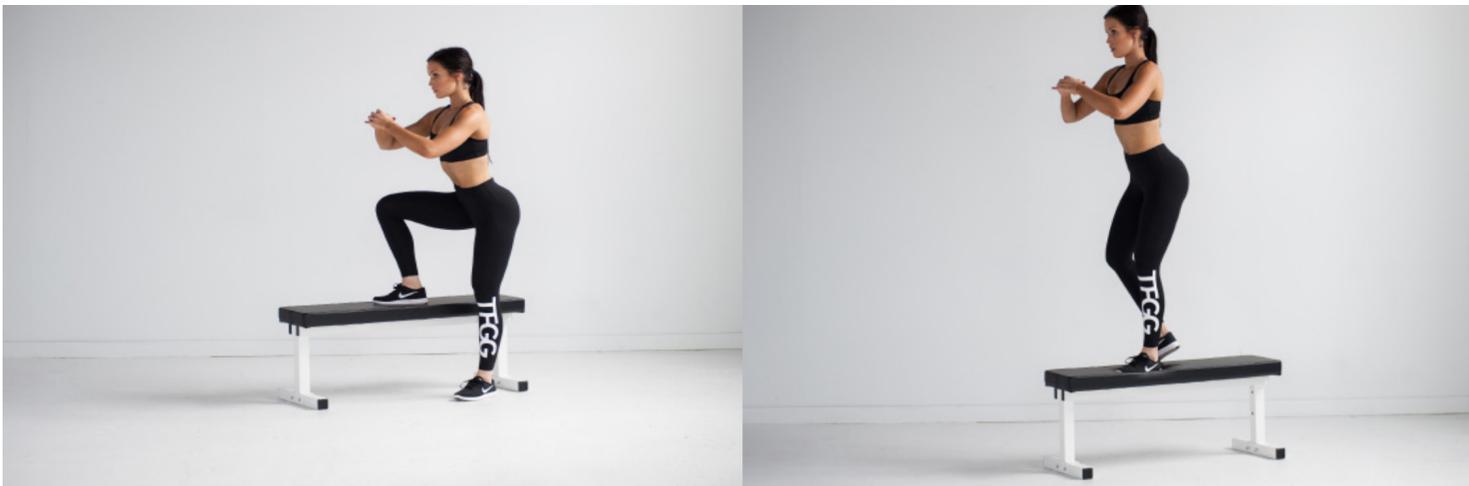
You are going to complete 6 minutes of work straight with NO rest in between.

At the beginning of each minute, you are going to do 20 Bench Hops. Then for the rest of the minute, do as many Up and Overs as you can. As soon as the minute is up, begin your Bench Hops again! Complete this for 6 rounds total.

A. BENCH HOPS X 20



B. UP AND OVERS X MAX REPS (UNTIL MINUTE IS UP)



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.

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 tough questions in order to really make the most out of the next two weeks.

Write it Down

1. I have less than 2 weeks left of TFGG Round One. 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.