

TFGG

the fit girl gang

BLOCK

5

Weeks 9 & 10

An Important Reminder

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 giving 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 any injuries 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 and focus on your bodies long term well-being and longevity. Love you guys! I Hope you all enjoy Perform Block 5.

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



Movement Preparation

5. CLAMSHELLS X 20/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

Back Squat

X 5 SETS



REPS; 10/8/6/8/10

- 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!
- We are going to be increasing the weight of our sets until we reach 6 reps, and then decreasing it to increase our reps once we get there.
- Make sure to keep track of the weights used in each set!
- Here is an example of what this might look like: 10 @ 105lbs / 8 @ 115lbs / 6 @ 135lbs / 8 @ 115lbs / 10 @ 105lbs (obviously this is just an example, so select weight according to what you have been training with through the previous Blocks of TFGG Perform!)

Legs and Glutes

Superset no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

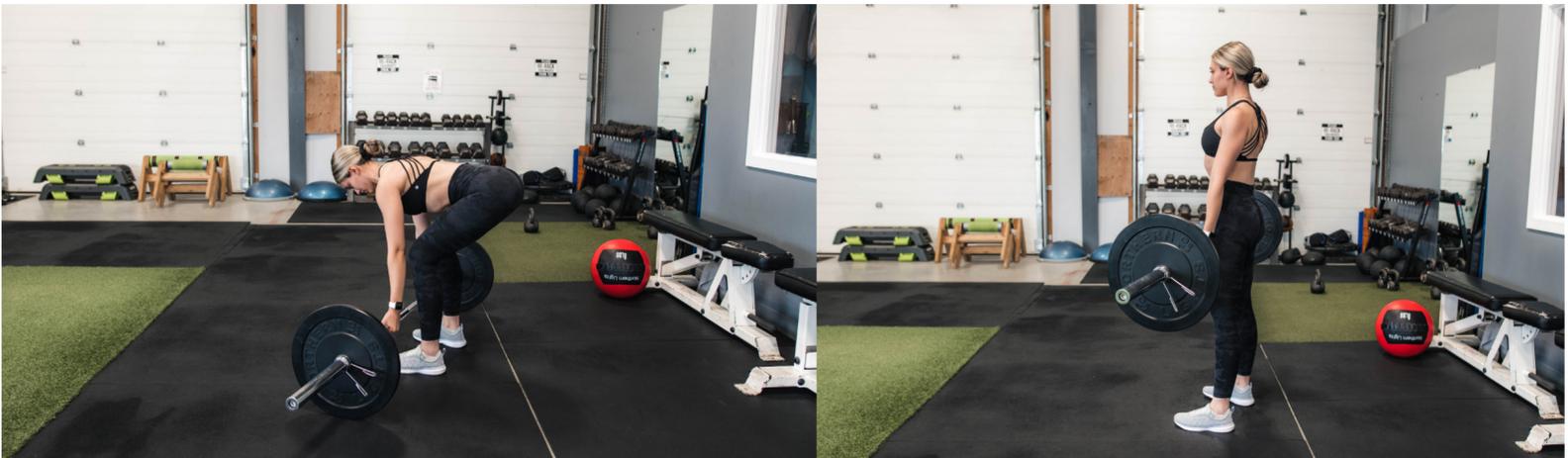
It can be quite taxing doing these two exercise variations back to back, so PLEASE make sure you are protecting your lower back by bracing your core the whole time and not thrusting your hips forward at the top of the movement.

ACTIVATION PLANK X 30 SECONDS

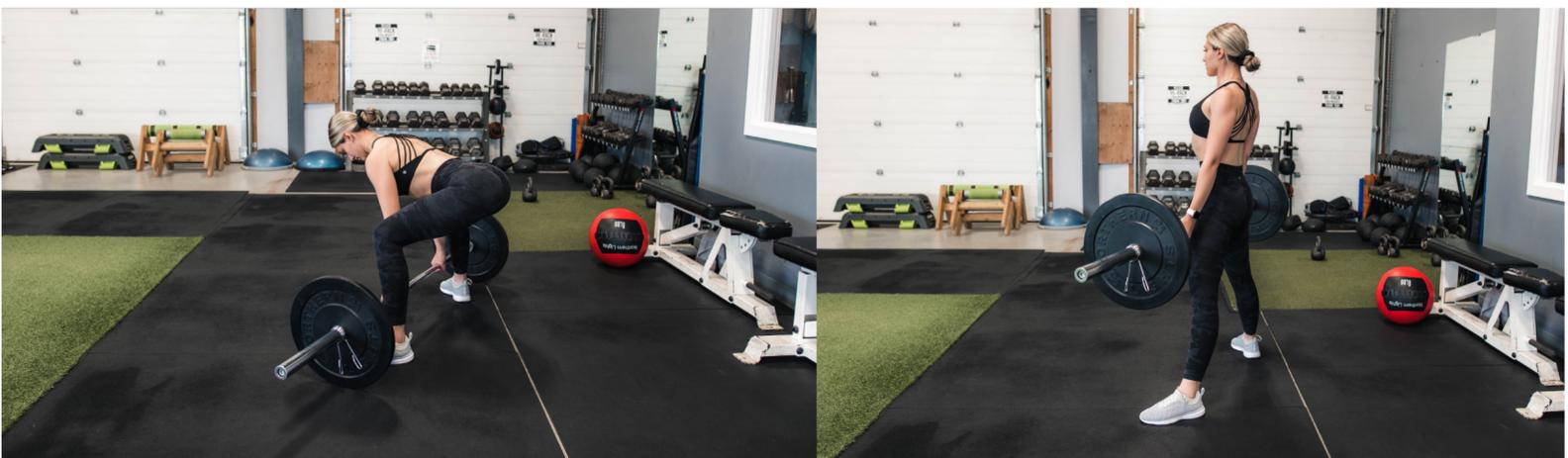


*the purpose of this is to cue your body to brace your core hard throughout both deadlift variations. Make sure to do it before each round.

A. DEADLIFTS X 8



C. SUMO DEADLIFTS X 8



Legs and Glutes

Circuit no. 1

- Complete 2 rounds
- Rest x 45 seconds between rounds

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

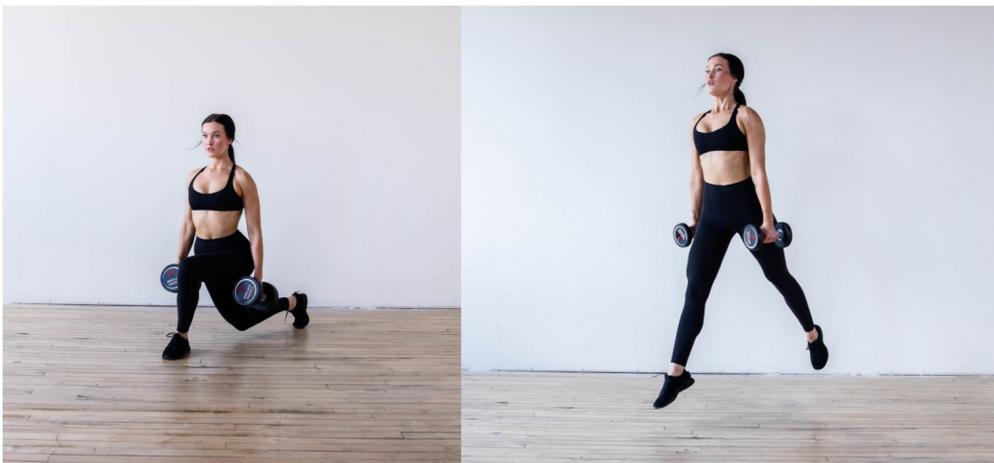
A. SINGLE-LEG RDLS X 12/LEG



B. SINGLE LEG DOUBLE ELEVATED HIP THRUSTS X 15/LEG



C. WEIGHTED SPLIT SQUAT JUMPS X 20/LEG



Stretch

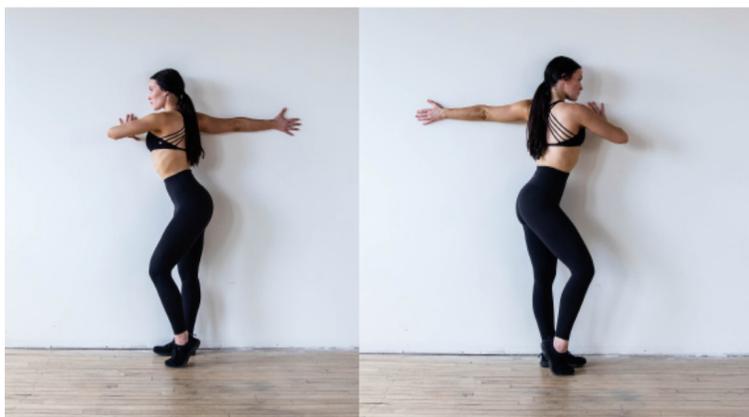
- Spend at least 5 minutes post-workout stretching out all of the major muscles groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step.
- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to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



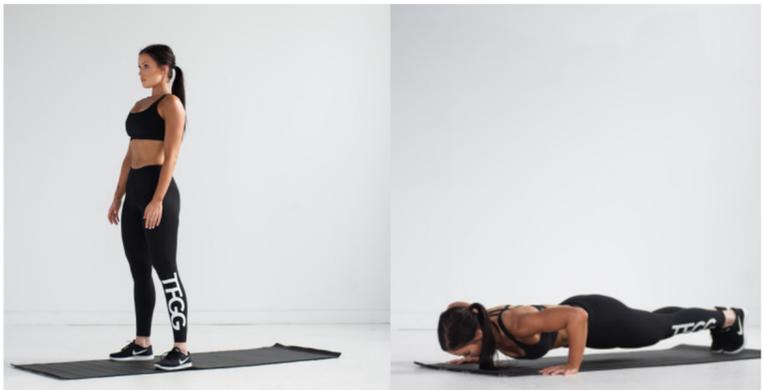
2. BAND PULL APARTS X 12



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.

Pull-Ups

You are going to complete as many reps as you can at each of the following resistances on the pull-up machine. Keep track of how many reps you can do at each:

1. Free Pull-ups (ie. no resistance at all)
2. 5lbs
3. 10lbs
4. 20lbs
5. 30lbs 6. 40lbs 7. 50lbs

Once you are done, go back to whatever set you got approximately 5 reps and do 3 more sets at that resistance.



Push-Ups

You are going to complete as many reps as you can with each of the following weights on your back and glutes. Use plates with each resistance! Keep track of how many reps you can do at each:

1. 45lbs
2. 35lbs
3. 25lbs
4. 10lbs
5. Free Push-ups (with no weight on you at all)

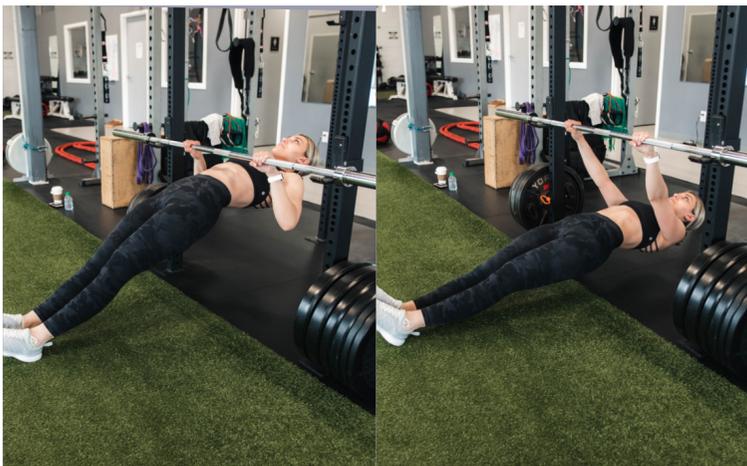
Once you are done, go back to whatever set you got approximately 8 reps and do 3 more sets at that resistance.



Circuit. 1 – Pull

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. INVERSE ROW X 15



B. BENT OVER ROW X 8



C. UPRIGHT ROW X 12



Circuit. 2 – Push

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. ELEVATED SPIDERMAN PUSH-UPS X 8/SIDE



B. BARBELL OVERHEAD PRESS X 12



C. V-SIT W. X-HOLD X 60 SEC



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.

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. LUNGE W/ REACH X 6/SIDE



2. PLANK X 60 SEC HOLD



3. DOWNWARD DOG X 30 SECONDS



4. PUSH-UPS X 10



5. HIGH KNEES X 60 SECONDS



Met Con Cardio

1 Mile Run

How it works:

It's pretty straight forward babe, your goal is to hit a new PR mile time. Good luck!!!

Circuit no. 1

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. BARBELL SQUAT THRUSTERS X 15



B. BOX JUMPS X 15



C. HIGH KNEES X 60 SECONDS



Met Con Cardio

Circuit no. 2

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. BENCH HOPS X 60 SECONDS



B. BURPEES X 12



C. BATTLE ROPES X 60 SECONDS



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.
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Internal Fitness

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



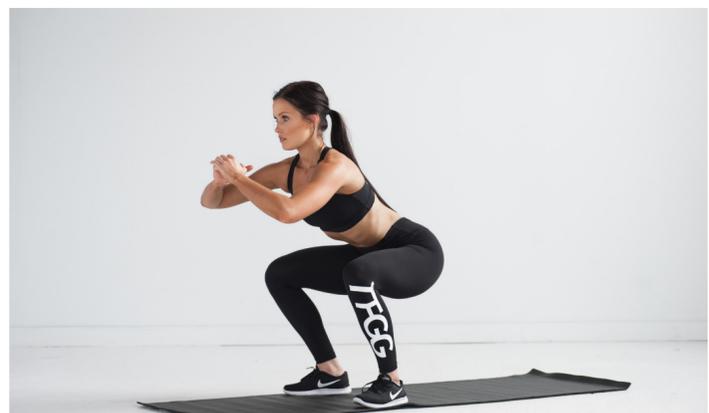
2. MONK STRETCH X 2 REACHES/ SIDE



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

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. BOX JUMP @ MAX HEIGHT WORK-UP



Remember when you tested your max in Perform Block 3? I want you to work your way up to that height and see if you can push past it during the first round of this circuit. Once you've established your max (it might be the same as before and that's okay!) I want you to complete 8 Box Jumps within 2" of that height each round of this circuit.

B. SINGLE-LEG SKIPPING X 60 SECONDS/LEG



C. BANDED GOLDEN ARCHES X 20



Explosive Legs

Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

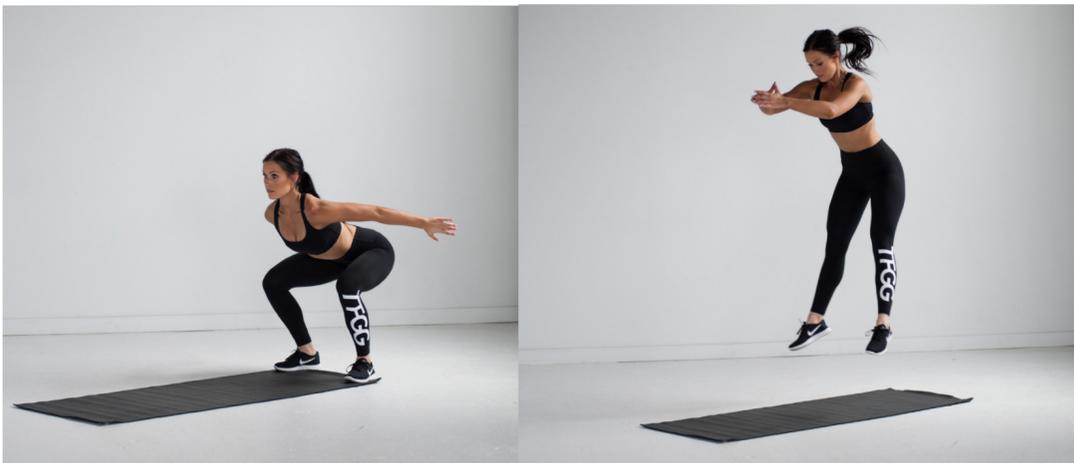
A. BANDED GOBLET SQUAT PYRAMID X

8/10/12



Start heavy and decrease the weight with each set. Complete all 3 sets each round of the circuit.

B. BOUNDING X 40



C. SINGLE-LEG HAMSTRING CURLS X FAIL



Make sure to begin on your non-dominant leg and then match the number of reps you get on the other side.

Explosive Legs

Combo no. 1

BANDED LATERAL WALK WITH JUMP SQUATS

Place a band above your knees (and another one on your ankles if you're feeling like really going for it) and set up into your lateral walks. You are going to take 3 steps, and then perform 1 Jump Squat.

Keep going for 4 minutes, only taking mini breaks when you absolutely need them!



Combo no. 2

STAIR CLIMB INTO SUMO SQUAT HOLD

Get on the StairMaster and climb at level 15 for as long as you can. Remember the Golden Rule: the handles are on FIRE, don't touch!

Once you can't go any longer, carefully step off of the machine and get into a Sumo Squat Hold. Hold for as long as you can!

Keep track of both numbers, you only have to do this once.



Stretch

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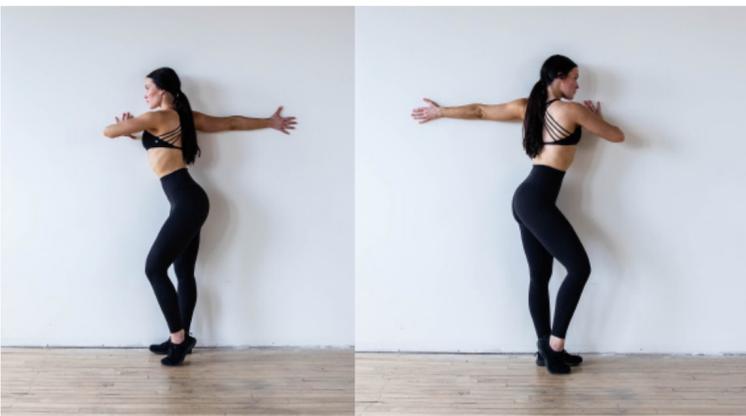
Experimental Day

Warm Up

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Movement Preparation

1. CHEST OPENER X 30 SECONDS/ SIDE



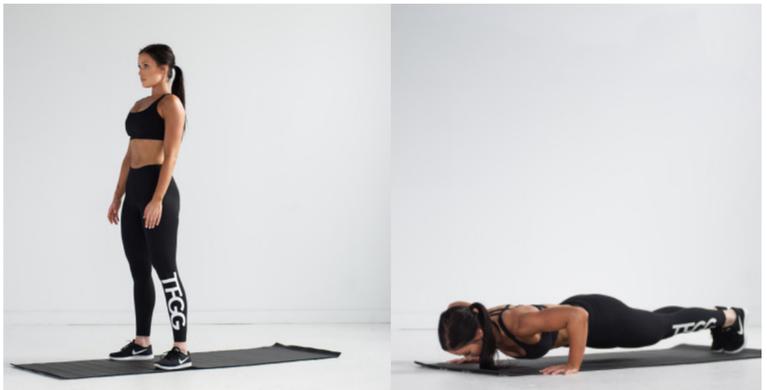
2. BAND PULL APARTS X 12



3. BAND RAISES X 6



4. WALKOUT TO PUSH-UP X 6



5. TILTED PLANK X 45 SECONDS



6. HEAVY RESISTANCE PULL-UPS X 10

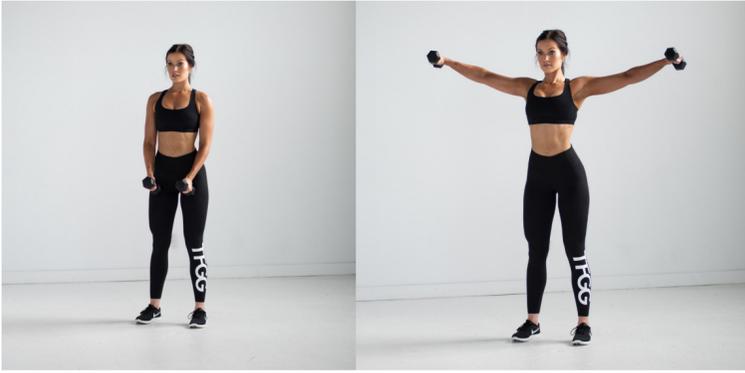


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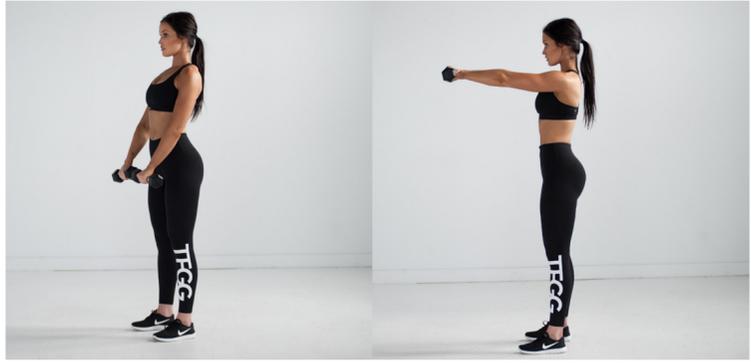
Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

1. LATERAL RAISE X 10



2. FRONT RAISE X 10



3. X HOLD X 30 SECONDS



4. FRONT RAISE HOLD X 30 SECONDS



Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

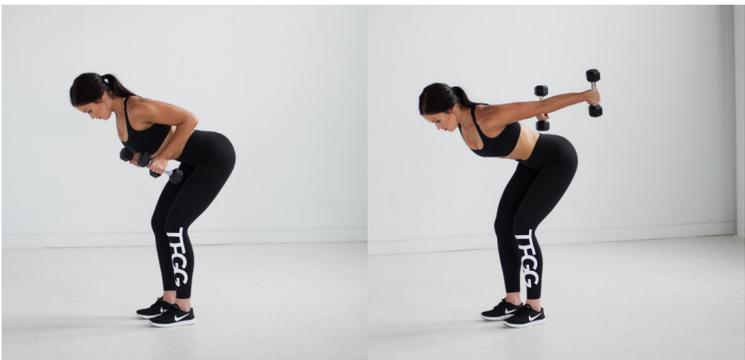
1. TRICEP PUSH-UPS X 15



2. TRICEP DIPS X 15



3. TRICEP EXTENSIONS X 15



The Climb

Equipment: Stair Master

Okay, so here's the deal: Today we are going to see how far we can challenge our legs to go at the stairs!

- We are going to be incrementally adding speed to our starting point, and testing how long we can keep going for. This is going to be a test of both cardiovascular endurance and muscular endurance.
- Begin at level 9 on the Stair Master, and go for 60 seconds straight. At the end of the minute, you are going to take it up 1 level to 10.
- Continue to repeat this until you can no longer climb safely without holding on. Stop the machine, and keep track of what level you made it to! Your goal is to beat that next week.

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

Goal Setting

The Ultimate Self-Care Sunday

It's time to TREAT YOURSELF... seriously.

- » Self Care Sunday has always been a component of The Fit Girl Gang, but we want you to use today as a full blown thank you to yourself for everything you have done in this past year.
- » Throughout EVERY Round of TFGG you have completed, you have worked on bettering yourself mentally, physically, spiritually, and emotionally... and that's a pretty damn big deal.
- » Today is about doing something to give yourself a little thank you for that. It's a big self-love hug if you will. The idea is to spend as much of this day as you can in Block Five showing yourself love, but even if you don't have time to pamper or relax all day (I know how busy you are) I want you to repeat the following mantra all day no matter what you are doing:

I am proud of the woman I am, I love the woman I am.

The following is a list of super fun self-care activities we love to give you a little inspo! Yes, some cost a little extra cash, but you don't need to shell out if you're tight on a budget because there are seriously SO many ways to show yourself love.

- » **A new pair of Lulus**
- » **A massage (this can be from a pro or your BFF or partner) Face Masks (we love a Sheet Mask Sunday, you know?) Manicure (DIY or professional)**
- » **Your favourite dessert or meal**
- » **Time spent doing any activity you love but "never have time for"**
- » **Reading a book that inspires you**
- » **Watching your fave movie (Hi @LoveActually)**
- » **A hangout with your TFGG babes**