

General Guidelines

Hi Babe! Okay, so now that you have completed your first round of TFGG, it's time to progress the program in order to ensure that you are adequately challenging yourself and always improving. Before you choose to upgrade the original program, it's important to be honest with yourself. Are you ready to increase the overall difficulty of the program? You shouldn't ever feel pressured to upgrade just because other girls in TFGG are. YOU need to feel confident about increasing the overall difficulty of this program in order to do this!

Down for the challenge? Here is the fundamental change of this program upgrade: Increasing the weight you use in your exercises from your first Round of TFGG. Not sure exactly what you used last time? Then this is the time to start recording your weights more carefully so that you can continue to track and progress going forward in your fitness journey! As always with selecting a weight for a certain exercise, you want to seriously challenge yourself, while making sure you can maintain good form and never put yourself at risk for injury.

Ready? Let's do this.

Legs and Glutes

Warm Up

- Start with 5 minutes of moderate intensity cardio. This can be done on the treadmill, track, stairs, bike... It's completely up to you.
- Foam roll your quads, glutes, IT band, and hamstrings (Remember to check the TFGG video reference for how to foam roll most effectively).
- You know shit is about to get real. Now is the best time to choose a playlist that's going to help you kick ass. Download one of our TFGG Training playlists, or whatever else is going to help you kick some serious ass for the next hour.

Movement Preparation

- A. Hip Openers x 12
- B. Lunge w/ Reach x 6/leg
- C. Single Leg Glute Bridge x 45 sec hold
- D. Squats x 15

Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. Banded Double DB Squat with Pulse x 12

Use a band and add a pulse with each rep! So rep 1 has 1 pulse, rep 2 has 2 pulses...by the 12th rep you are pulsing 12 times.

B. Bounding x 25

Add a band above your knees and don't allow your knees to cave inward.

C. Hamstring Curl to Bridge x 15

Similar to the last Block, you will now do as many reps as you can Single-Leg! Once you reach the max you can do with good form, complete the rest of the reps with both legs. Make sure you keep these super slow and controlled!

Legs and Glutes

Circuit no. 2

- Complete 2 rounds
- Rest x 60 seconds between rounds

A. Jump Split Squats x 12/leg

Make sure you are completely balanced and brace your core so you don't wobble. Explode up with your front leg and get as much height as you can. Your back foot stays on the bench at all times.

B. Split Squat Hold x 45 sec.

C. Weighted Sumo Squat Hold x 90 sec.

Circuit no. 3

- Complete 3 rounds
- Rest x 45 sec. between rounds

Exercise A and B are paired together. That means you are going to do all reps of both exercises on one side, then repeat them on the other side.

A. Weighted Single - Leg Hip Thrusts x 15/leg

Add weight to these by holding a dumbbell or medicine ball on your lap. Make sure to get your hips as high as you can and hold at the top for 2 counts.

B. Bench Burners x 30/leg

C. Weighted Jump Lunges x 15/leg

- Hold a dumbbell in each hand firmly by your sides.

Stretch

Spend at least 5 minutes post-run stretching out everything that feels tight and sore. Regardless of how exhausted you are right now, stretching is NOT an optional step. Check the TFGG Movement Videos to get the most out of your stretches.

Sprints

Sprints! Okay babe, so here is the deal: We are still sprinting today, but instead of running for 45 seconds and resting for 45 seconds, we are cutting that down. Now that your cardiovascular capabilities have improved and you no longer need the same amount of rest time, we are going to really challenge that. You will be sprinting **ALL OUT MAX EFFORT** for 30 seconds, followed by 30 seconds of recovery. Please re-read Block 4 for all further details! We are going to be doing 20 rounds total (which works out to 20 minutes). Remember that once you are done, there is a mandatory 5 minute recovery run at a moderate pace. Good luck, you've got this!

Stretch

Spend at least 5 minutes post-run stretching out everything that feels tight and sore. Regardless of how exhausted you are right now, stretching is **NOT** an optional step. Check the TFGG Movement Videos to get the most out of your stretches.

Warm Up

- Start with 5 minutes of moderate intensity cardio. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, IT band, and anything else that's sore or feels tight. (Remember to check the TFGG video reference for how to do it most effectively).

Movement Preparation

- A. Walkout to Push-Up x 6
- B. Lunge w/ Reach x 12
- C. Plank x 60 sec hold
- D. Squats x 20

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Walking lunges w/ Pulse x 15/leg

Increase the weights you choose for your lunges. As soon as you're done, immediately put down the weights and complete 30 Jump Lunges (15/leg).

B. Single Leg Elevated Bridges x 20/leg

Add 2 pulses at the top of each rep.

C. Weighted Jump Squats x 30

Push Up Test

How long does it take you to do 50 push-ups?
Make sure to record in TFGG TRACK.

Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Bent Over Row x 12

B. X Hold x 60 sec

Circuit no. 2

Set your timer for 12 minutes and do as many rounds as you can in that time. Prepare to feel it as soon as you laugh at all the witty things I say on our Live Chat...jkjk

A. Stability Ball Toe Taps x 60 sec.

B. V-Ups x 20

C. Tilted Plank x failure

Stretch

Spend at least 5 minutes postworkout 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. Check the TFGG Movement Videos to get the most out of your stretches.

Friday Feels

Weeks 7 & 8 of this round mean one thing: This isn't new anymore, it's becoming part of your actual life.

You've been at this for a serious amount of time now, and I want you to check in with yourself on a few key pillars of growth. It's so easy to have this vision of ourselves that we want to work toward realizing, but unless we are checking in and making sure we're taking steps toward that, it will remain a figment of our imagination forever.

Journal

How have I progressed in my fitness level since starting TFGG?
What are the things I can do now that I am most proud of?
How has the way I talk to myself and perceive myself changed?
Am I actually my own BFF yet or do I still have a long way to go?
How has my relationship with my body changed?
How has my body composition changed?
What is something I appreciate about myself now that I didn't before I began TFGG?

Warm Up

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Movement Preparation

- A. Arm Circles x 12/direction
- B. Chest Openers x 30 sec/side
- C. Walkout to Push-Up x 8
- D. Plank x 60 seconds

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

- A. Elevated Push Ups x 15
- B. Elevated Tricep Dips x 15

Elevated your feet on a bench or box to increase depth and make wayyyyy more intense.

- C. Stability Ball Plank x 90 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
- C. Elevated Mountain Climbers x 60

Do these with your feet on a bench! Be super cautious and start slowly. Once you feel safe & comfortable, then you can pick up the pace.

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.

Uphill Climb

Directions:

- The big change here is going to be your run pace. Rather than just running uphill, it's going to be a 1-minute MAX EFFORT sprint. You then will recover for 1 minute before returning to your walk pace.
- This will look like: Walk x 2 min/ Sprint x 1 min/ Recover x 1 min.
- Complete 7 rounds for a total of 28 minutes.
- **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.

Stretch

Spend at least 5 minutes postworkout 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. Check the TFGG Movement Videos to get the most out of your stretches.

Warm Up

- Start with 5 minutes of moderate intensity cardio. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, IT band, and anything else that's sore or feels tight. (Remember to check the TFGG video reference for how to do it most effectively).

Movement Preparation

- A. Arm Circles x 12/direction
- B. Lunge w/ Reach x 6/side
- C. Squats x 20
- D. Plank x 60 seconds

Circuit no. 1

Instead of completing 3 rounds of this circuit, set your timer for 12 minutes and complete as many rounds as you can in that time. Make sure to record how many rounds you crush so that you can compare it in the second week!

- A. Monster Burpees x 12
- B. Bench Hops x 60
- C. High Knees x 100

Circuit no. 2

Instead of completing 3 rounds of this circuit, set your timer for 12 minutes and complete as many rounds as you can in that time. Make sure to record how many rounds you crush so that you can compare it in the second week!

- A. Jump Lunges x 60 sec.
- B. Plank Up Downs x 60 sec.
- C. Sprinters x 10/side

Circuit no. 3

Instead of completing 3 rounds of this circuit, set your timer for 12 minutes and complete as many rounds as you can in that time. Make sure to record how many rounds you crush so that you can compare it in the second week!

A. Up and Overs x 1:15

B. Choice Cardio x 60 sec.

Stretch

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Goal Setting

Map it Out

As you know from watching the TFGG videos, Goal setting is one of the major components for success; not only in fitness but in life! On the last day of each week it's all about taking a moment to sit down, reflect on your previous goals, set new ones, and create a game plan to kick next week's ass. Now is the time to create your GAME PLAN for the next week. In your journal or planner, map out the following.

Write Down:

The date and time each of your workouts will go down each week.

*Pro tip: Write in specific details about when each workout will occur. I.e. Legs & Glutes at the gym on Monday. Heading there straight after work to get it done!

Any social events, work functions, or activities you plan on attending.

*Think ahead: Which of these (if any) do you plan on drinking alcohol or allowing yourself a guilt-free treat meal/dessert?

One goal you have for yourself this week? It can be big, or small. Just make sure that you commit to it 100%.

*I.e. I will get a minimum of 7 hours of sleep every night next week. Your goal can seriously be anything you want and think you need to work on!