

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 30 sec hold
- D. Squats x 15

Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Goblet Squats x 12

Add a band! Place the band around your legs, just above your knees and focus on driving your knees apart every rep to build strength in your glute medius (aka the muscle that makes your bum look high and "lifted").

B. Stability Ball Hamstring Curls x 20

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Walking Lunges x 15/leg

Don't allow the weights to swing by your side, really lock them in place. Don't put down the weights until all your reps are done.

B. Jump Lunges x 12/leg

Don't put down your dumbbells after your walking lunges. Hold them firmly by your side for your Jump Lunges!

C. Sumo Squat Hold x 60 sec.

Hold a heavy dumbbell between your legs (make sure to keep your body tall).

Legs and Glutes

Circuit no. 2

- Complete 3 rounds
- Rest x 15 between rounds

This entire circuit is paired together. That means you are going to do all reps of all 3 exercises on one side, then repeat them on the other side.

A. Donkey Kicks x 20/leg

Add a dumbbell behind your knee for added resistance, and complete one pulse at the top of every rep.

B. Burners x 20/leg

C. Single Leg Bridges x 20/leg

- Instead of using both legs, you have 20 reps of Single-Leg Bridges for each leg.

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.

Intervals

Intervals will stay the same! The only difference here is that with your increased cardiovascular capacity, it's up to you to push that speed. Have fun!

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 8**
- B. Lunge w/ Reach x 12**
- C. Plank x 45 sec hold**
- D. Squats x 20**

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Front Extension Squat x 20

Instead of using a single dumbbell, you will now hold one in each hand.

B. Hip Thrusts x 15

Go heavy! Make sure to really challenge yourself here and pause for 2 counts at the top of every rep.

C. Up and Overs x 25/leg

You will now hold a weight up in front of your chest. This can be a dumbbell, a medicine ball, or whatever you like!

Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Push-Ups Hold to Failure x 8

Instead of doing this 4 times, you will do it 8.

B. Upright Row x 15

C. 90' Lateral Raise x 15

Before beginning your raises, you will raise your arms up and perform a 90' hold to failure. Then begin your reps x 15.

Circuit no. 3

- Instead of completing 2 rounds, you are going to set your timer for 10 minutes and get in as many rounds as you can within that time. Make sure to write down how many you get so that you can compare and try to beat it in week four!

- A. Spiderman Plank x 6 per side**
- B. V-sit x failure**
- C. Mountain Climbers x 60 seconds**

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.

Thoughtful Thursday

If there is one thing I hope you were able to take away from your first 10 weeks in TFGG, it's that without mental health there is no true physical health.

It's easy to force ourselves to eat perfectly and train our faces off until we look like some chick on Instagram, but in order to truly be at peace with ourselves on the inside and outside, it's about so much more. My dream for you is to love yourself for who you truly are, and for us to learn that life is about more than attempting perfection. Here is the game plan for this Thoughtful Thursday.

Journal

- When did you most feel in control of your life & creating your future in the last week?
- Do you feel in touch with and connected to your own sexuality right now? Explain why or why not?
- What workout did you feel the best about this week? What was it about the way you did it that made you feel so good?
- Who is someone in TFGG that has made you smile or somehow motivated you this week? DM them and let them know.

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. Chest Openers x 30 sec/side
- C. Walkout to Push-Up x 8
- D. Plank x 45 seconds

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Plank Up Downs x 8/arm

Set yourself up by placing your feet on a bench instead of the ground. Then begin your Up Downs.

B. Bent Over Row x 12

C. X Hold x 1:15 minutes

Circuit no. 2

- Complete 2 rounds
- Rest x 60 seconds between rounds

A. Shoulder Press x 60 seconds

You are going to select a challenging weight and do as many reps as you can in 60 seconds. You can take breaks, but the goal is to get in the most reps possible (with good form of course).

B. Tricep Dips x 12

Place your feet on a second bench in front of you.

C. Dumbbell Punches x 1:15 minutes

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 4 min, Sprint x 1 min, Recover x 1 min.
- Complete 4 rounds for a total of 24 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 45 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. Banded Jump Squats x 20

Band your Jump Squats by placing a resistance band just above your knees.

B. Push Ups x 15

C. Reach Ups x 20

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. Burpees x 12

B. Reverse Flies x 15

C. Plank Jacks x 45 seconds

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. Squat Thrusters x 20**
- B. Mat Hops x 60 seconds**
- C. In and Outs x 20**

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.

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!