TFGG

the fit girl gang

BLOCK

1

Weeks 1 & 2

Welcome to Block 1

Getting Started

Okay, you joined the gang and you're ready to do this. Here are just a few things to make sure you've done so you can crush it.

- Watch each of the TFGG videos.
- Save this PDF and each of the recipe PDF's to your phone or tablet for permanent offline access.
- Find a journal or planner that you will use while in TFGG.
- Set your 10-week and 1 year goals (as explained in the Goal Setting Video).
- Join The Fit Girl Gang private Facebook group in order to take part in Facebook Live discussions and group chats.
- Follow @fitgirlgang on Instagram to connect with the other amazing women in the community.

What you need to know

- Block #1 encompasses weeks 1 & 2 of the TFGG program. There are 5 training days and 2 active rest days for you to complete during week 1, and then repeat in week 2.
- 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.

DAY 1

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).
- PRO TIP: Now is the best time to choose a playlist that's going to help you kick ass, and look through the following workout to see what equipment you'll need to grab so that you're as efficient as possible once you get started.

Movement Preparation

1. HIP OPENERS X 12

2. LUNGE W/ REACH X 6/ LEG

3. GLUTE BRIDGE X 30 SEC HOLD

4. SQUATS X 12

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DAY 1

Legs and Glutes

Superset no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. GOBLET SQUATS X 15

B. HIP THRUSTS X 15

Superset no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. WALKING LUNGES X 15/LEG

B. SUMO SQUATS X 15

DAY 1

Legs and Glutes

Circuit no. 1

- Complete 3 rounds
- No rest between rounds

A. CURSTY LUNGES X 15/LEG

Do all reps on one leg before switching

B. DONKEY KICKS X 20/LEG

Do all reps on one leg before switching

C. GOLDEN ARCHES 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 Video Reference to get the most out of your stretches.

DAY 2

Cardio

5 Km Challenge

Okay, first things first: DO NOT PANIC! Maybe running isn't your favourite thing (or maybe it is and this challenge is going to be a breeze!) and that's totally fine, running 5k is NOT something you are going to have to do throughout this entire program. The purpose of this run is to use it as a BENCHMARK so we can compare it to when you run 5k next (which won't be until Block 5 of TFGG) We want to be able to compare how long the run takes you now and how you feel while running, to your time and how you feel once you've progressed. It might not be something you're excited for right now, but it's going to be an incredible feeling to see the cardiovascular improvements you've made throughout these 10 weeks.

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. You are going to be down this challenge two times in Block 1 so make sure to write down both of your times.

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 Video Reference to get the most out of your stretches.

Full-Body

DAY 3

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 thats sore or feels tight. (Remember to check the TFGG video reference for how to do it most effectively).

Movement Preparation

1. WALKOUT TO PUSH-UP X 6

2. LUNGE W/ REACH X 12

3. PLANK X 30 SEC HOLD

4. SQUATS X 12

Full-Body

DAY 3

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. STEP-UPS X 15/LEG

B. HIP THRUSTS X 15

C. JUMP SQUATS X 15

Checking In

It's your third day into the program. Your body hurts, and you're not feeling that same fire you had on day one. Yeah you could skip a few reps, maybe even an entire round. But you won't, because you know how good it feels to leave the gym knowing you gave it your all and did everything in your power to get just a little bit better, stronger, and closer to your goals. You've got this.

Full-Body

DAY 3

Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. PUSH-UPS X FAILURE

HOW TO DO PUSH-UPS TO FAILURE:

- Complete as many push-ups from your toes as you can. Refer to the TFGG reference video for what perfect form looks like! (Don't be discouraged if you can't do many or any! You will get there).
- 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 X 12

C. DUMBBELL PUNCHES X 25/ARM

Full-Body

DAY 3

Circuit no. 3

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. PLANK X 45 SECONDS

B. IN AND OUTS X 15

C. MOUNTAIN CLIMBERS X 45 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 Video Reference to get the most out of your stretches.

DAY 4

Internal Fitness

If this isn't the first fitness program you've ever seen, you probably know that days where you aren't required to train are almost always referred to as "rest days"... but TFGG isn't like that. That's because what we are doing is about so much more than just trying to "get abs" or "tone up". We're bettering ourselves in every aspect of our lives, so focusing on the internal side is what today is all about.

Journal

Although planning out your weekly workouts and generally just checking in with yourself in your journal for a couple of moments daily is always recommended, today's journaling session gets a little more specific than that. You have important shit to do and places to be, but don't worry this won't take more than 5 minutes max!

WRITE DOWN:

- One thing you are grateful for in your life.
- One thing you love about your character.
- One thing you love about your physical appearance.
- Something you've been struggling with mentally this week.
- Someone that your life wouldn't be the same without.

Okay, now text that person and let them know how awesome they are.

Active Rest

- Days off of training are 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.
- Keep it simple and make it fun! Active rest can be basically what ever you're in the mood for that day. Walk your dog, walk your boyfriend, take a relaxing yoga class, go skating, ride your bike, dance on a table, seriously do whatever you want, just make sure you MOVE.

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 thats sore or feels tight. (Remember to check the TFGG video reference for how to do it most effectively).

Movement Preparation

1. ARM CIRCLES X 12/DIRECTION

Start with small circles and get bigger with each rep

2. CHEST OPENER X 30 SEC/SIDE

Place your palm against a wall and slowly twist your body away

3. WALKOUT TO PUSH-UP X 6

4. PLANK

Upper Body & Cardio

DAY 5

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. PUSH-UPS X 12

I CAN'T DO 12 PUSH-UPS!

- From this point of TFGG forward, always complete as many push-ups as you can with perfect form. Once you absolutely cannot do another one, lower to your knees and complete the rest of the reps modified.
- Write down how many you get from your toes and aim to get more each time. 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!

12 PUSH-UPS IS EASY AF!

- If when you tested your MAX Push-Ups yesterday, you got 15 or more from your toes with perfect form, it's time to add some weight to these babies! Carefully place a 10lb plate on your back and complete your 12 reps. Don't let the plate cause an arch in your back, keep your core locked on at all times!

B. REVERSE FLY X 15

C. LATERAL RAISE X 15

Upper Body & Cardio

DAY 5

Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. BENT-OVER ROW X 12

B. SHOULDER PRESS X 15

C. TRICEP KICKBACKS X 15

Upper Body & Cardio

Uphill Climb

- 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%)
- You are going to walk uphill at this incline for 20 minutes total! You need to choose a speed that is going to be difficult (ie. Breathing should be heavy and you should be sweating A LOT) but should be able to maintain this speed the entire way through (or as close to it as possible.)
- If you do feel the need to make this easier of more difficult along the way, make sure you're doing so by adjusting the SPEED and not the incline. The goal here is to keep this climb as steep as possible!
- 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 Video Reference to get the most out of your stretches.

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Metabolic Conditioning

DAY 6

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 thats sore or feels tight. (Remember to check the TFGG video reference for how to do it most effectively).

Movement Preparation

1. ARM CIRCLES X 12/ DIRECTION

Start with small circles and get bigger with each rep

2. LUNGE W/ REACH X 12

3. SQUATS X 12

4. PLANK X 30 SEC HOLD

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Metabolic Conditioning

DAY 6

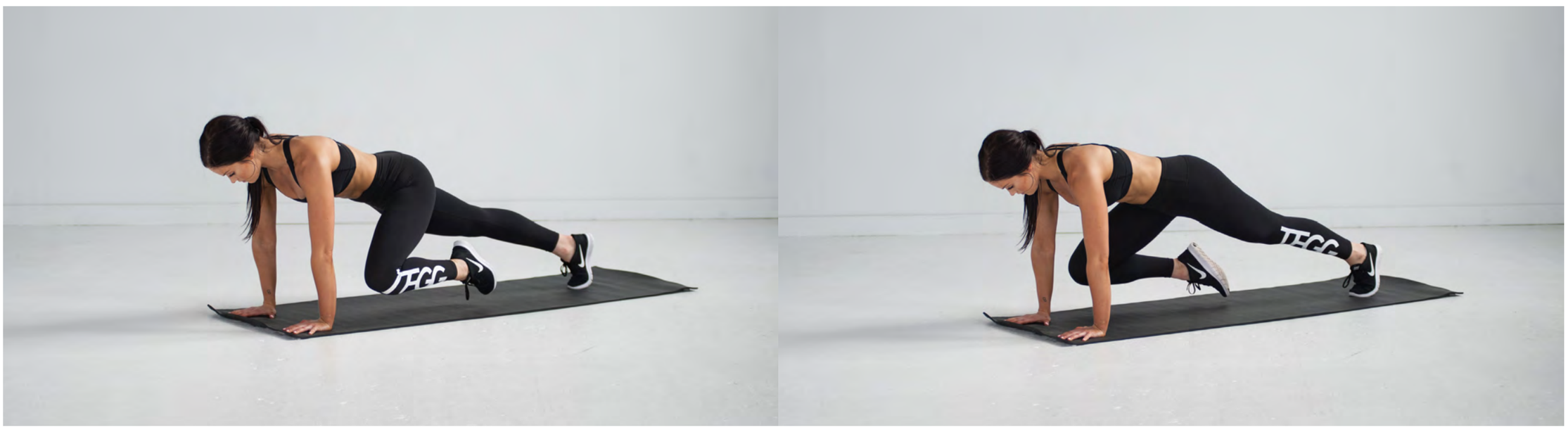
Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. SQUAT THRUSTERS X 15

B. REVERSE FLY X 15

C. MOUNTAIN CLIMBERS X 25/LEG



Metabolic Conditioning

DAY 6

Circuit no. 2

- Complete 3 rounds
- Rest x 30 seconds between rounds

A. WALKING LUNGES WITH PULSE X 15/LEG

B. WALK OUT TO PUSH-UP X 12

C. RUSSIAN TWIST X 50

Metabolic Conditioning

DAY 6

Circuit no. 3

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. BURPEES X 10

B. HIGH KNEES X 50

C. PLANK WITH TOE TAPS X 45 SEC

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 Video Reference to get the most out of your stretches.

DAY 7

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:

» Note: None of the following items need to be set in stone, you can always make changes when needed, but having them in place beforehand is going to ensure that you get the absolute most out of the week ahead.

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. Ie. 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!

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.