



TIFGG

Hot Gang Summer

**Advanced Gym Program
Block One**
(week 1 + 2 workouts)

Welcome to Hot Gang Summer Advanced Gym Program

Hot Gang Summer isn't just a way of training, it's very much a lifestyle and a mindset. This summer we're training hard as a team, but we're doing it in the most effective and efficient way possible. Why? Because we deserve to live our lives and have fun!!

How it works

This is a 5 week program, with 4 training sessions / week. Each training session is a Full Body Workout. We are training this way to minimize recovery time and maximize results and performance! Every training session has it's own unique focus, but you'll be incorporating lower, upper, and core always. This is going to lead to a significant improvement your overall fitness level, without the need to commit to as many sessions per week.

The motto

The motto of Hot Gang Summer is "Consistent & Confident". We are in no way aiming for perfection. Instead, we're focusing on creating a consistent routine that allows us to feel our freaking best mentally and physically! Miss a workout? Please don't stress. Pick up where you left off, and know that there is no such thing as "falling behind".

Program Breakdown

As you'll see when you dive into the program, this is a very simple document that contains all the information you'll need. Every exercise performed in this program can be found in our newly updated website coaching bank!

To help get you comfortable in the gym in a post-covid world, I will be leaving recommendations whenever relevant as to how to set up for a circuit, what you need, and where it makes sense to be in the gym. I know it can be a little nerve wracking to ease into the gym again, but we got this babe.

Block One

Block One isn't going to be easy, but it is straightforward! So many of us are working to create a foundation for consistency in our training for the first time in a while, and I find the best way to do that is always to prioritize the fundamentals as we build that confidence muscle up again.

Time to set our benchmarks...

As you know if you've been in the gang for a while now, Fitness Testing is absolutely essential! If you want to see tangible evidence at how you improve through this program, we need to test. Proper testing allows you to see where you're at when it comes to your fitness capabilities, and set reasonable and challenging goals going forward!

We are going to complete this testing now, and again at the end of our program. We are doing this to push ourselves, create a benchmark for where we are currently at, and set clear goals so that we know what we're working toward!

How this works

Hot Gang Summer takes a very different approach to fitness testing than we ever have before! It's going to be different, and I'm really excited for us to experience it together. You are going to review the following exercises, make sure you're warmed up and ready, and then select the weights needed for the following movements. Track the weight before you begin!

When you're ready, set your timer for 20 minutes and GO! The goal is to do as many rounds of the following circuit as you can in 20 minutes, and track how many you complete. When we come back in 5 weeks, you are going to absolutely crush what you were able to do today.

The rules

I have avoided any version of a time-based challenge in the past, because it typically leads to people getting sloppy and putting themselves at risk of injury! Before you take on this workout, I need you to check your ego at the door and commit to the following rules.

- 1. Under no circumstances will you sacrifice form for ego**
- 2. All reps must be PERFECT in order for them to count**
- 3. Listen to your body and take short breaks as you need**
- 4. If something feels wrong (aka the bad kind of pain) you stop immediately**

Fitness Testing Circuit

- A. Squat x 15 reps**
- B. Push-up x 15 reps**
- C. Pull-up x 15 reps**
- D. Overhead Press x 15 reps**
- E. V Ups x 15 reps**
- F. Burpees x 15 reps**
- G. Tuck Jumps x 15 reps**

Notes:

- The squat may be performed as a Back Squat or Goblet Squat depending on your gym and what equipment you have access to while testing this! Make sure to keep it consistent at the start and finish of this program
- You are required to use the same amount of weight for each exercise the whole way through! Take short breaks through sets as needed

Warm Up - 5 minutes

This should be any moderate intensity cardio that elevates your heart rate and gets your body warm! This can be done on any cardio equipment you like. If you don't have access to any cardio equipment, do a bodyweight warm up on the spot!

Mobility

- Forward Fold x 30 seconds
- Monk Stretch x 30 seconds
- Downward Dog x 30 seconds
- Lunge w/ Overhead Reach x 30 seconds / side
- Banded Shoulder Opener x 30 seconds

Movement Prep

- Banded Glute Bridge x 20 reps
- Squat Reach Pattern x 10 reps
- Push-up x 10 reps
- Barbell Only Back Squat x 8 reps

Barbell Back Squat

- Complete 5 sets x 8 reps
- Rest x 60 seconds between each set
- Make sure to do 1-2 warm-up sets before working weight

Barbell Overhead Press

- Complete 4 sets x 8 reps
- Rest x 60 seconds between each set
- Make sure to do 1-2 warm-up sets before working weight

Paused Elevated Split Squat

- Complete 3 sets x 8 reps / side
- Rest x 60 seconds between each set
- Pause at the bottom of each split squat for 2 slow counts

Pause Push-ups

- Complete 3 sets x 12 reps
- Rest x 60 seconds between each set
- Pause at the bottom of each push-up for 2 slow counts

Lateral Step Ups

- Complete 2 sets x 20 reps / side
- No rest between sets
- Focus on your balance and go slowly!

Front to Lateral Raise

- Complete 2 sets x 15 reps
- 45 seconds rest between sets

Warm Up - 5 minutes

This should be any moderate intensity cardio that elevates your heart rate and gets your body warm! This can be done on any cardio equipment you like. If you don't have access to any cardio equipment, do a bodyweight warm up on the spot!

Mobility

- Rainbow Reach x 30 seconds
- Monk Stretch x 30 seconds
- Downward Dog x 30 seconds
- Lunge w/ Twist x 30 seconds / side
- Banded Shoulder Opener x 30 seconds

Movement Prep

- Banded Lateral Walk x 60 seconds
- World's Greatest Stretch x 8 reps / side
- Banded Bodyweight Hip Thrust x 15 reps
- Banded Pull Aparts x 15 reps
- Barbell Only RDL x 12 reps

1 Mile Run

- You are going for time here! Track how long it takes you!
- Adjust the speed however you like during the mile, but you cannot stop or put the treadmill on pause
- Take 2 minutes after to walk and lower your heart rate before moving on to the rest of your workout

Deadlift

- Complete 5 sets x 8 reps
- Rest x 60 seconds between each set
- Make sure to do 1-2 warm-up sets before working weight

Pull-ups

- Complete 4 sets x 6 reps
- Rest x 60 seconds between each set
- Use whatever resistance needed to complete all 6 reps. These should be very challenging sets to finish!

Banded Barbell Hip Thrust

- Complete 4 sets x 12 reps
- Rest x 60 seconds between each set
- Pause at the top of each thrust for 2 slow counts

Paused DB Bent Over Row

- Complete 3 sets x 12 reps
- Rest x 60 seconds between each set
- Pause at the top of each row for 2 slow counts

Banded Donkey Kick w/ Pulse

- Complete 2 sets x 25 reps / side
- No rest between sets
- SQUEEZE HARD!

Warm Up - 5 minutes

This should be any moderate intensity cardio that elevates your heart rate and gets your body warm! This can be done on any cardio equipment you like. If you don't have access to any cardio equipment, do a bodyweight warm up on the spot!

Mobility

- Wall Calf Release x 30 seconds / leg
- Wall Leg Swings x 30 seconds / leg
- Downward Dog x 30 seconds
- Cosack Squat x 60 seconds
- Lunge w/ Rotation x 30 seconds / side
- Standing Knee Circles x 30 seconds

Movement Prep

- Squat Reach Pattern x 10 reps
- Dragons x 6 reps / leg
- Walking Lunges x 12 reps / leg
- Tabletop x 60 seconds

Circuit no. 1

- Complete 3 sets
- Rest x 60 seconds between sets

Set up for this circuit on your gyms turf area! You'll need a box, sled, 1 pair of DB's, and a kettlebell. Feel free to break this down into 2 separate circuits if you're having a hard time getting the equipment you need.

- A. Box Jump x 10 reps**
- B. Sled Push x 1 lap**
- C. Tabletop Row x 12 reps / arm**
- D. Kettlebell Swing x 25 reps**

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

Set up for this circuit anywhere you can find space! All you'll need is a weight for the Jump Lunges, and about 10 feet of space to do the lateral high knees. This circuit works well on a turf area, in a fitness class room, or really in any open space you can find.

- A. Weighted Jump Lunge x 10 reps / leg**
- B. Mountain Climbers x 60 seconds**
- C. Lateral High Knees x 60 seconds**
- D. Tuck Jumps x 20 reps**

Warm Up - 5 minutes

This should be any moderate intensity cardio that elevates your heart rate and gets your body warm! This can be done on any cardio equipment you like. If you don't have access to any cardio equipment, do a bodyweight warm up on the spot!

Mobility

- Wall Calf Release x 30 seconds / leg
- Wall Leg Swings x 30 seconds / leg
- Downward Dog x 30 seconds
- Cosack Squat x 60 seconds
- Lunge w/ Rotation x 30 seconds / side
- Standing Knee Circles x 30 seconds

Movement Prep

- Squat Reach Pattern x 10 reps
- Banded Glute Bridge w/ Pull Apart x 20 reps
- Banded Pull Aparts x 12 reps
- Plank x 60 seconds

1 Mile Run

- You are going for time here! Track how long it takes you!
- Adjust the speed however you like during the mile, but you cannot stop or put the treadmill on pause
- Take 2 minutes after to walk and lower your heart rate before moving on to the rest of your workout

Circuit no. 1

- Complete 3 sets
- Rest x 60 seconds between sets

Set up for this circuit in a squat rack. These exercises have been paired together so that you can easily and efficiently crush this whole circuit in the squat rack without taking up a ton of time or equipment. You can likely use the same amount of weight for the squat as the reverse lunges so you don't take up tons of extra time adjusting weights.

A. Banded Barbell Back Squat x 15 reps

B. Staggered Stance DB RDL x 12 / leg

C. Alternating Reverse Barbell Lunge x 8 / leg

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

Set up for this circuit in front of whatever setup you typically use for pull-ups. All you'll need is a small amount of floor space in front of it to complete the rest of the circuit!

A. Pause Pull-ups x 8

*pause at the top of each rep for 2 counts

B. Renegade Row to Tricep Push-up x 10

*1 rep = Renegade Row + Push-up

C. Russian Torture x 60 seconds