

A photograph of two women standing on a rooftop at sunset. The woman on the left has long braids and is wearing a beige ribbed crop top and leggings. The woman on the right has blonde hair in a ponytail and is wearing a light pink ribbed crop top and leggings. They are both looking towards the right, where the sun is setting over a city skyline. The text 'TFFGG' is overlaid in large black letters at the top, and 'Hot Gang Summer' is overlaid in white script below it. At the bottom, 'Advanced Gym Program Block Two (week 3 + 4 workouts)' is written in white sans-serif font.

TFFGG

Hot Gang Summer

**Advanced Gym Program
Block Two**
(week 3 + 4 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.

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
- Banded Barbell Only Back Squat x 8 reps

Banded Barbell Back Squat

- Complete 5 sets x 6 reps
- Rest x 60 seconds between each set
- Make sure to do 1-2 warm-up sets before working weight

Superset no. 1

- Complete 3 working sets with 2 sets of warm-up Bench Press to prep
- Rest x 60 seconds between sets

A. Barbell Bench Press x 8 reps

B. Iso Push-up Hold x 30 seconds

Superset no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

A. Heavy Walking Lunges x 10 reps / leg (use DBs or BB)

B. Split Squat Hold Pulses x 40 seconds / leg

Superset no. 3

- Complete 3 sets
- Rest x 60 seconds between sets

A. Lateral Step Jump x 20 reps / leg

B. Lateral Raise w/ Iso Hold x 8 reps / side + 8 both arms

28 reps of everything, team!

I turn 28 on the 27th and wanted to celebrate with you all by sweating our faces off and pushing through an amazing workout together! This is a completely random mess of exercises that I both love and hate. This is an optional workout that you can add to your Training Schedule or do instead of Pull Day or Met Con if you feel like it.

NOTE: Please feel free to break each exercise down into smaller sets if needed in order to do it safely and correctly. Form > Ego

Banded Hip Thrust w/ Pulse x 28

Banded Hip Thrust Pulses x 28

Elevated Split Squat x 28 / leg

Staggered Stance RDL x 28 / leg

Burpees x 28

Sprinters x 28

Slider In and Out x 28 / leg

Elevated Single-leg Glute Bridge x 28 / leg

Paused Jump Lunges x 28 / leg

Tabletop In and Out x 28

Tuck Jumps x 28

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 Sumo 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

Superset no. 1

- Complete 4 working sets with 2 sets of warm-up Sumo Deadlift
- Rest x 60 seconds between each set

A. Sumo Barbell Deadlift x 8 reps

B. Banded Barbell Hip Thrust x 12 reps

Eccentric Pull-ups

- Complete 5 sets x 5 reps each
- Lower down from each rep for 3 slow counts
- Rest x 60 seconds between each set

Inverse Row

- Complete 4 sets x 10 reps each
- Rest x 60 seconds between each set

Superset no. 2

- Complete 3 sets
- No rest between sets

A. Single-leg Hamstring Curl x 6 reps / leg

B. Stability Ball Plank x 60 seconds

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
- Bodyweight OH Walking Lunges x 12 reps / leg
- Tabletop x 60 seconds

Circuit no. 1

- Set timer for 15 minutes
- Complete as many sets as you can
- Track # of sets complete!

Set up for this circuit on your gyms turf area! You'll need a kettlebell and space to bound. Take small breaks as needed, and remember Form > Ego always.

- A. KB Swings x 20 reps**
- B. Bounding x 20 reps**
- C. Push-ups x 20 reps**

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

Remain on the turf area for this circuit! You'll need space for the Lunges and Bear Crawl. All you'll need for weight is either Dumbbells or a Plate for your Overhead Walking Lunges, and then make sure you have access to a box or bench for Toe Taps.

- A. Dancer Jumps x 12 reps / leg**
- B. Overhead Walking Lunges x 12 / leg**
- C. Lateral Bear Crawl x 60 seconds**
- D. Toe Taps (on Bench / Box) x 60 seconds**

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

10 Minute Tempo Run

- You are going for distance here! Track how FAR you are able to run in 10 minutes. The goal is see how far you can get without stopping during a set amount of time running.
- Really push yourself and see what you can do, but don't go so fast you need to stop until the time is up.
- Adjust the speed however you like during the mile, but you cannot stop moving or put the treadmill on pause

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 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 all exercises and should efficiently move from one right into the next.

- A. Barbell Squat Thrusters x 12 reps**
- B. Barbell Bent Over Row x 12 reps**
- C. Barbell Split Squat x 10 reps / leg**

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

Set up for this circuit with access to a bench for your Thrusts and Rows. All you'll need is a glute band, and a single dumbbell for your Rows.

- A. Single-leg Hip Thrust w/ Knee Drive x 10 reps / leg**
- B. Spiderman Push-up x 10 reps**
- C. Bird Dog Row x 12 reps / side**