

TFCG

Hot Gang Summer



Advanced Gym Program
Block Three
(week 5 + 6 workouts)



explanation

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
- Barbell Only Back Squat x 8 reps

Barbell Back Squat Pyramid

- Complete 5 sets in the following reps: 8, 6, 4, 6, 8
- Increase weight as reps decrease and then decrease weight as reps go up again
- Rest x 60 seconds between each set
- Make sure to do 1-2 warm-up sets before 8 rep working weight

Superset no. 1

- Complete 4 sets
- Rest x 60 seconds between sets

A. Barbell Overhead Press x 6 reps

B. Weighted Push-up x 8 reps

Superset no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

A. Tempo Elevated Split Squat x 8 reps / leg

B. Weighted Jump Lunge x 10 reps / leg

Superset no. 3

- Complete 2 sets
- Rest x 60 seconds between sets

A. Shoulder Clover x 12 reps / exercise

*lateral raise / front raise / reverse fly / overhead press (don't put the weights down between each)

B. Weighted Sumo Squat Hold 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

- 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

Barbell Deadlift Pyramid

- Complete 5 sets in the following reps: 10, 8, 6, 8, 10
- Increase weight as reps decrease and then decrease weight as reps go up again
- Rest x 60 seconds between each set
- Make sure to do 1-2 warm-up sets before 10 rep working weight

Superset no. 1

- Complete 3 sets
- Rest x 60 seconds between each set

A. Paused Banded Barbell Hip Thrust x 10 reps

*hold for 3 seconds at the top of each rep

B. Banded Lateral Walk x 12 steps / direction

Superset no. 2

- Complete 2 sets PAIRED (all reps of both A + B on one leg then switch)
- Rest x 45 seconds between each set

A. Staggered DB RDL x 15 reps / leg

B. Weighted Single-leg Hip Thrust x 12 reps / leg

Pull-up Pyramid

- Complete 5 sets in the following reps: 2, 4, 6, 4, 2
- Increase resistance as reps increase and then decrease resistance as reps go up again
- Rest x 60 seconds between each set

Superset no. 3

- Complete 3 sets
- Rest x 60 seconds between each set

A. Inverse Row x 12 reps

B. Barbell Bent Row x 8 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
- Dragons x 6 reps / leg
- Bodyweight Walking Lunges x 12 reps / leg
- Tabletop x 60 seconds

Circuit no. 1

- Complete 3 sets
- Rest x 60 seconds between sets

Do this circuit on the turf area! You'll need a box, 1 KB, sled, and ropes. If you aren't able to get access to all of this equipment because the gym is busy - break this down into 2 separate Supersets! Do 3 sets of A + B and then 3 sets of C + D. Whatever you need to make it work!

A. Box Jump Burpees x 10 reps

B. KB Swing (10) + Weighted Jump Squat (10) x 3 sets

C. Sled Push x 2 laps

D. Battle Ropes x 45 seconds

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

Stay on the turf area for this circuit, and grab one piece of cardio equipment you're going to use for your 60 second max effort interval! If you can't get any cardio equipment because the gym is full, swap it out for skipping or high knees. Either that or do 3 sets of the choice cardio interval after the rest of the circuit is complete!

A. Banded Bounding x 20 reps

B. Explosive Lateral Lunge x 15 reps / leg

C. Bear Crawl x 90 seconds

D. Choice Cardio Machine x 60 seconds max effort

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

Sprints

- 10 sprints x 30 seconds (rest x 30 seconds between each)
- Each sprint should be max effort, with complete recovery between them (stand still, don't walk)
- If you need more recovery time than 30 seconds, take it! I want you to be able to go as hard as you can for each sprint

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'll want to set up your band ahead of time so you can easily do your pull-ups in the squat rack too.

A. Pull-ups x 8 reps

B. Sumo Barbell RDL x 12 reps

C. Alternating Reverse Barbell Lunge 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 DB Bench Press, and whatever other DBs you need for the Tabletop Row and Curtsy Combo. You'll just need a small amount of room next to the bench for the other two movements.

A. DB Bench Press x 12 reps

B. Alternating Tabletop Row x 10 reps / arm

C. Weighted Curtsy Lunge Combo x 8 reps / side

Time to see how far you've come

It's that time again! We're going to be Fitness Testing as the LAST workout of this program after Block Three is complete. You have put in so much consistent effort toward your goals, and deserve to do this for yourself and see how far you've come this summer.

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 just like you did at the start of this program. The goal is to be able to do more than you did in Week One!

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

1 Mile Run

- It's back, and it's time to see how far you've come!
- This is something you've been working on so consistently this entire program, and it's going to be rewarding as hell to see what you're capable of.
- As always, set your timer and go! The goal is to try and get your mile done faster than you have before (even just by a few seconds is massive progress and something to be SO proud of)