

Two women are standing on a rooftop balcony, leaning against a black metal railing. The woman on the left is wearing a light green athletic set, including a sports bra and leggings, with black sneakers. The woman on the right is wearing a brown athletic set, including a sports bra and leggings, with white sneakers. They are both looking towards the camera. The background shows a cityscape with buildings under a clear sky.

TTFGG

Hot Gang Summer

Advanced Home Program
Block Two
(week 3 + 4 workouts)



explanation

Welcome to Hot Gang Summer

Advanced Home 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. As always when taking on live workouts (or doing them back later on) please have this PDF accessible at all times!

Live Workout Schedule!

Live Workouts will take place in the Facebook Group following this program every Monday - Thursday at 6:30am CDT throughout the Summer Series! All workouts will be saved for you to come back to anytime it works best for you.

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!

Bodyweight Warm-up Example:

- Bum Kicks x 60 seconds
- Skip x 60 seconds
- Jumping Jacks x 60 seconds
- Knee Drives x 30 seconds / leg
- Skaters x 60 seconds

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 Bodyweight Pause Squat x 8 reps

Banded Goblet Squat Countdown

- Complete 3 sets
- Rest x 60 seconds between sets

- A. Heavy x 10 reps**
- B. Medium x 10 reps**
- C. Banded Jump Squat x 10 reps**

Superset no. 1 (countdown)

- Complete 3 sets
- Rest x 60 seconds between sets

- A. Iso Push-up Hold x 40 sec / 30 sec / 20 sec**
- B. Overhead Press x 14 reps / 12 reps / 10 reps**

Superset no. 2

- Complete 3 sets
- Rest x 45 seconds between sets

- A. Heavy Slider Reverse Lunge x 12 / leg**
- B. Split Squat Hold Pulses x 40 sec / leg (weight optional)**

Superset no. 3

- Complete 2 sets
- No rest between sets

- A. Lateral Raise w/ Iso Hold x 8 reps / side + 8 both arms**
- B. Hollow Body Hold w/ Knee Drives x 45 seconds**

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. As always, we'll push through it together and feel strong AF when it's done. This replaces Pull Day for Week 3 only!

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

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!

Bodyweight Warm-up Example:

- Bum Kicks x 60 seconds
- Skip x 60 seconds
- Jumping Jacks x 60 seconds
- Knee Drives x 30 seconds / leg
- Skaters x 60 seconds

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

Superset no. 1

- Complete 3 sets
- Rest x 60 seconds between sets

A. Sumo RDL x 15 reps

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

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

A. Paused Upright Row x 12 reps

B. Reverse Fly x 15 - 20 reps

C. T Pulses x 45 seconds

Superset no. 3

- Complete 3 sets
- No rest between sets

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

B. Stability Ball Plank x 60 seconds

1 Mile Run

- You are going for time here! Track how long it takes you!
- LFG Team! We got this!

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!

Bodyweight Warm-up Example:

- Bum Kicks x 60 seconds
- Skip x 60 seconds
- Jumping Jacks x 60 seconds
- Knee Drives x 30 seconds / leg
- Skaters x 60 seconds

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
- Reverse Stability Lunges x 10 reps / leg
- Tabletop x 60 seconds

Circuit no. 1

- Set timer for 12 minutes
- Complete as many sets as you can
- Track # of sets!
- Take small breaks as needed

A. Push Tuck Burpees x 15 reps

B. Weighted Frog Jumps x 15 reps

C. Weighted Single-leg Reach Ups x 15 reps

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

A. Split Squat Thruster x 10 reps / side

B. Lateral Banded Shuffle to Straight Jump x 60 seconds

C. Slider Bear Crawl x 60 seconds

D. Shuffle / High Knees / Mountain Climbers* x 90 seconds

*perform each exercise for 10 seconds and alternate through at max intensity

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!

Bodyweight Warm-up Example:

- Bum Kicks x 60 seconds
- Skip x 60 seconds
- Jumping Jacks x 60 seconds
- Knee Drives x 30 seconds / leg
- Skaters x 60 seconds

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

Circuit no. 1

- Complete 3 sets
- Rest x 60 seconds between sets

A. Single-leg RDL x 10 reps / leg

B. Sumo Squat Hold w/ Bicep Curl x 60 seconds

C. Tabletop to Plank to Push-up x 10 reps

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

A. Hamstring Curl to Bridge x 12 reps

B. Overhead Reverse Slider Lunge x 12 reps / leg

C. Shoulder Clover x 10 reps / movement

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