

A photograph of four women in athletic wear standing on a rooftop. They are leaning against a white concrete wall. The woman on the far left is wearing a light green sports bra and leggings, leaning forward. The woman next to her is wearing a light pink sports bra and leggings, looking back over her shoulder. The woman next to her is wearing a dark grey sports bra and leggings, leaning against the wall. The woman on the far right is wearing a tan sports bra and leggings, looking back over her shoulder. The background shows a brick building with windows and a clear sky.

# TTFGG

## Hot Gang Summer

**Advanced Home Program**  
**Block Three**  
(week 5 + 6 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

## Lower Body Push Circuit

- Complete 3 sets
- Rest x 60 seconds between sets

- A. Banded Tempo Goblet Squat x 8 reps**
- B. Paused Elevated Split Squat x 8 reps / leg**
- C. Banded Weighted Wall Sit x 60 seconds**
- D. Weighted Jump Squat x 10 reps**

## Upper Body Push Circuit

- Complete 3 sets
- Rest x 60 seconds between sets

- A. 90° Hold Push-up Pulses x 30 seconds**
- B. Paused Tricep Push-up x 8 reps**
- C. Arnold Press x 12 reps**
- D. Overhead Tricep Extension x 15 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!

### 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

## Upper Body Pull Circuit

- Complete 3 sets
  - Rest x 60 seconds between sets
- A. Tempo Bent Over Row x 10 reps**
  - B. Paused Single-arm Row x 10 reps / arm**
  - C. Tabletop Reverse Fly x 12 reps / arm**
  - D. Prone Banded Tempo Pull-down x 8 reps**

## Lower Body Pull Circuit

- PAIRED - do all reps of each exercise on one leg and then the other
  - Complete 3 sets
  - Rest x 60 seconds between sets
- A. Kickstand RDL x 12 reps / leg**
  - B. Single-leg Hamstring Curl x 8 reps / leg**
  - C. Single-leg Weighted Hip Thrust x 10 reps / leg**

## 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

- Complete 3 sets
- Rest x 60 seconds between sets

- A. Lateral Tuck Jump Burpees x 60 seconds
- B. KB Swings (10) + Weighted Jump Squat (10) x 3 sets
- C. Slider Climbers (10) + Slider Jacks (10) x 60 seconds
- D. Lateral High Knees x 60 seconds

## Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

- A. Jump Lunge w/ Lateral Raise x 20 reps
- B. Jumping Jack to Tuck x 60 seconds
- C. 90° Plank Jacks x 45 seconds
- D. Bench Toe Taps x 45 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!

### 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 Tricep Push-up x 10 reps**

**B. Staggered RDL to Reverse Slider Lunge x 8 reps / leg**

**C. Power Clean to Press x 15 reps**

## Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

**A. Split Squat w/ X Hold x 40 seconds / side**

**B. Tabletop to Plank to Renegade Row x 8 reps**

**C. Side Plank Raise w/ Foot Hover x 40 seconds / side**

## 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



## 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. Goblet Squat x 15 reps**
- B. Push-up x 15 reps**
- C. Bent Over Row 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:**

- If you have access to a pull-up rack at home, feel free to swap out the Bent Row for assisted Pull-ups!
- You are required to use the same amount of weight for each exercise the whole way through! Take short breaks through sets as needed