

A photograph of two women standing on a balcony, facing each other and talking. The woman on the left has long braids and is wearing a beige ribbed athletic top and leggings. The woman on the right has blonde hair in a ponytail and is wearing a light pink ribbed athletic top and leggings. The background shows a blurred cityscape with buildings under a clear sky.

TTFGG

Hot Gang Summer

Beginner Gym Program
Block Two
(week 3 + 4 workouts)



explanation

Welcome to Hot Gang Summer Beginner 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
- Modified Push-up x 8 reps
- Plank x 40 seconds

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

Hip Thrust w/ Pulse x 28

Bodyweight Hip Thrust Pulses x 28

Bodyweight Split Squat x 28 / leg

DB RDL x 28

Burpees x 28 (modify as needed)

Leg Switches x 28

Tabletop Toe Taps x 28 / leg

Banded Glute Bridge x 28

Paused Reverse Lunge x 28 / leg

Tabletop Knee Taps x 28

Skier 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
- Bodyweight Hip Thrust x 15 reps
- Banded Pull Aparts x 15 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 1 set of warm-up Sumo Deadlift
- Rest x 60 seconds between each set

A. Sumo Kettlebell Deadlift x 12 reps

B. Banded Dumbbell Hip Thrust x 12 reps

Superset no. 2

- Complete 3 sets
- No rest between sets

A. Single-arm Bench Row x 12 reps / arm

B. Reverse Fly x 15 reps

Superset no. 3

- Complete 3 sets
- No rest between sets

A. Single-leg Glute Bridge x 15 reps / leg

B. Plank w/ 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!

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
- Glute Bridges x 15 reps
- Bodyweight Walking Lunges x 10 reps / leg
- Tabletop x 30 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 anywhere in the gym you feel most comfortable! All you'll need is a pair of dumbbells for your RDLs and a mat in case you want to modify to your knees during Push-ups. Set the timer and go! Make sure never to sacrifice form just to get more sets in.

A. Dumbbell RDL x 20 reps

B. Jump Squat x 10 reps

C. Push-ups x 10 rep

*modify Push-ups as needed

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

Get set up on your gym's turf area for this circuit! You'll need space to do your Lateral Bear Crawl, and either a bench or box for your Toe Taps. Set up with everything you need and then get started. You've got this!

A. Burpees x 10 reps

B. Glute Bridge March x 60 seconds

C. Lateral Bear Crawl x 40 seconds

D. Toe Taps (on Bench / Box) x 30 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
- Bodyweight Sumo Squat x 15 reps
- Bodyweight Bent Over Row x 15 reps
- Plank x 30 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 anywhere you feel most comfortable in the gym, and make sure you grab all the weights you'll need before getting started. Grab a single weight for your Thrusters, and a pair of dumbbells for your Bent Over Row.

A. Single-arm Squat Thruster x 10 reps / arm

B. Paused Bent Over DB Row x 10 reps

*pause at the top of each row for 3 seconds

C. Tempo Bodyweight Split Squat x 8 reps / side

*lower for 3 / hold for 3 / drive up for 1

Circuit no. 2

- Complete 3 sets
- Rest x 60 seconds between sets

Set up for this circuit with a mat for your Prone Superman! You'll also want a bit of open space where you can do your Banded Lateral Walk. You won't need any weights for this circuit!

A. Sumo Squat Hold x 40 seconds

B. Spiderman Plank x 40 seconds

C. Prone Superman x 10 reps

D. Banded Lateral Walk x 15 steps / direction