

TFCG

STRONGEST SELF

building your strongest
body and mind one
workout at a time

Block Five

How this program works

Welcome to Strongest Self! This year, we are building our strongest selves both mentally and physically - and this is the program we're going to do it with. Strongest self is not an easy training program. You are going to be pushed to perform at a high level and get far outside your comfort zone (even while training right in the middle of your biggest comfort zone - your home).

This is a Live Training Program! That means that this program was meant to be followed along LIVE via our TFGG Facebook Group with me. You don't actually have to take part in our live workouts (they will all be saved permanently for you to do on your own time) but the structure of this program is designed for you to follow these full length workouts and not do them on your own! **This program does not include training photos or coaching videos.** Rather train by yourself? That's wonderful too! We have tons of other Home & Gym based training programs for you to take on - this one is different though.

our commitment to you

Josée and I are going to lead you through the most powerful and effective home workouts of your life! Our job is to coach you through each exercise and teach you how to perform it correctly with confidence. We will ensure that our workouts are timely, and go no longer than 1 hour long (you have shit to do and places to be!) and I will be here as a resource to try and answer whatever questions you have live as we train together. Basically, we are guaranteeing you 50 of the best workouts of your life over the next 10 weeks. We just need you to be willing to take them on with us!

expectations

This may not sound like a big deal, but it is absolutely essential that you have this PDF out in front of you in plain sight as we go through each workout together. There are 2 variations to every workout, and while I will be coaching each to you at the beginning of every circuit, I cannot be continuously answering how many reps / time etc. both training levels are expected to do for each exercise over and over. I will hold myself to the standard of 60 minute workouts, and I need your help to do this by having your program in front of you. Thank you so much!

Recommended Equipment

- **Whatever Dumbbells and Kettlebells you have access to***
- **Glute Band**
- **Stability Ball (if you don't have one, there will be alternatives)**
- **Sliders (I use dish towels... these do not need to be fancy)**
- **Elevated Surface (this can be a couch, sturdy chair, box or bench)**

*When it comes to weights at home, of course the more you have, the easier it will be to get the most out of each movement! With that being said, you absolutely should not be blowing the bank on this. Start with whatever you have, and slowly add to your collection over time! Something you will notice in all of our TFGG Home Programs is that I always offer a rep-range for dumbbell based movements. This allows you to choose the correct rep range to properly challenge yourself with whatever weights you have access to!

Welcome to training in 2021. Let's do this.

Legs & Glutes

Warm Up

Bum Kicks x 60 seconds

Jumping Jacks x 60 seconds

Gallop x 60 seconds

Skiers x 60 seconds

Skaters x 60 seconds

Mobility

Forward fold hamstring stretch

Downward dog

Low lunge with twist

Runners lunge

Cosack Squat

Movement Prep

Monk stretch to squat pattern

Hinge pattern

Reverse Stability Lunges

Activation

Glute bridge march

Tabletop toe taps

Tabletop heel pulses

Legs & Glutes

Beginner

Pyramid Set: Goblet Squat

***complete 3 sets / rest 90 seconds between each**

Heavy / Medium / Light / Bodyweight x 12 reps each

Pyramid Set: Split Squat w/ Pulse

***complete 2 sets / rest 90 seconds between each**

Heavy / Medium / Light / Bodyweight x 12 reps each / leg

Glutes + Hamstrings

***complete 2 sets / rest 60 seconds between each**

- A. Heavy Thrust w/ Pulse x 15 reps
- B. Medium Thrust w/ Pulse x 15 reps
- C. Hamstring Curl x 15 reps

Explosive Legs

***complete 3 sets / rest 60 seconds between each**

- A. Weighted Sumo Squat Hold x 45 seconds
- B. Tuck Jumps x 12 reps

Legs & Glutes

Advanced

Pyramid Set: Banded Goblet Squat

*complete 3 sets / rest 90 seconds between each

Heavy / Medium / Light / Jump x 12 reps each

Pyramid Set: Elevated Split Squat w/ Pulse

*complete 2 sets / rest 90 seconds between each

Heavy / Medium / Light / Jump x 12 reps each / leg

Glutes + Hamstrings

*complete 2 sets / rest 60 seconds between each

- A. Heavy Thrust w/ Pulse x 15 reps
- B. Medium Thrust w/ Pulse x 15 reps
- C. Single-leg Hamstring Curl x 8/leg

Explosive Legs

*complete 3 sets / rest 60 seconds between each

- A. Weighted Sumo Squat Hold x 45 seconds
- B. Tuck Jumps x 25 reps

Upper Body Strength

Warm Up

Bum Kicks w/ Arms Overhead x 30 seconds

Cross Body Jumping Jacks x 30 seconds

Seal Claps x 30 seconds

Skip w/ Upper Body Twist x 30 seconds

Complete 3 sets

Mobility

Shoulder Circles

Overhead Tricep Stretch

Hinged Shoulder Opener

Walk Out to Push-up

Tabletop w/ Rotation

Movement Prep & Activation

Tabletop

Plank

Modified Push-ups

Banded Pull-apart (can use towel instead)

Upper Body Strength

Beginner

Circuit no. 1

***complete 3 sets / rest 60 seconds between each**

- A. Push-up 21's (modify to knees when needed)
- B. Single-arm Overhead Press x 12 - 15 reps / arm
- C. Alternating Front DB Extension x 15 - 20 reps

Circuit no. 2

***complete 3 sets / rest 60 seconds between each**

- A. Wide Grip Row x 10 - 12 reps
- B. Paused Renegade Row x 10 reps / side (modify to knees when needed)
- C. Cross Body Mountain Climbers w/ Shoulder Tap x 60 seconds

Finisher: AMRAP

Week 9: 2 minutes

Week 10: 3 minutes

Max Reps Tricep Push-ups

*make sure to record your reps!

Upper Body Strength

Advanced

Circuit no. 1

***complete 3 sets / rest 60 seconds between each**

- A. Push-up 21's
- B. Single-arm Overhead Press x 12 - 15 reps / arm
- C. Alternating Front DB Extension x 15 - 20 reps

Circuit no. 2

***complete 3 sets / rest 60 seconds between each**

- A. Wide Grip Row x 10 - 12 reps
- B. Paused Renegade Row x 10 reps / side
- C. Elevated Cross Body Mountain Climbers w/ Shoulder Tap x 60 seconds

Finisher: AMRAP

Week 9: 2 minutes

Week 10: 3 minutes

Max Reps Tricep Push-ups

*make sure to record your reps!

Metabolic Conditioning

Warm Up

Bum Kicks x 60 seconds

Jumping Jacks x 60 seconds

Gallop x 60 seconds

Skiers x 60 seconds

Skaters x 60 seconds

Mobility

Around the World Reach

Wall Calf Stretch

Wall Quad Stretch

Downward Dog

Lunge w/ Back leg grab

Movement Prep & Activation

Dragons

Burpee Walk Through

Bodyweight Squats

Bear Crawl

Metabolic Conditioning

Beginner

Giant Circuit

*complete 3 sets / rest 60 seconds between each

Week One: Rest 30 seconds / exercise and complete 3 sets

Week Two: Rest 20 seconds / exercise and complete 4 sets

- A. Max Tuck Jumps (reset) x 60 seconds
- B. RDL (5) to Squat Thruster (5) x 60 seconds
- C. Modified V Sit DB Punches x 60 seconds
- D. Lateral High Knees x 60 seconds
- E. Jump Together Lunge to Jump Squat x 60 seconds

Finisher: AMRAP x 5 rounds

- A. Modified Monster Burpees x 6 reps
- B. Plank

Metabolic Conditioning

Advanced

- A. Max Lateral Tuck Jumps (speed) x 60 seconds
- B. KB Swing (5) to Squat Thruster (5) x 60 seconds
- C. V Sit DB Punches x 60 seconds
- D. Lateral High Knees (8) to Burpee x 60 seconds
- E. Jump Lunge to Jump Squat x 60 seconds

Finisher: AMRAP x 5 rounds

- A. Monster Burpees x 6 reps
- B. Mountain Climbers

Hardcore Strength

Warm Up

Bum Kicks x 60 seconds

Jumping Jacks x 60 seconds

Gallop x 60 seconds

Skiers x 60 seconds

Skaters x 60 seconds

Mobility

Childs pose reach

Downward dog flow

Low lunge w/ overhead reach

Tabletop spine twist

Movement Prep & Activation

Lying Push-ups

Tabletop hold

Alternating reverse lunges

Bodyweight hip thrust

Hardcore Strength

Beginner

Slider Tempo Knee Tuck - 3 sets x 60 seconds

Staggered RDL - 2 sets x 20 reps / leg

Tabletop to Modified Tricep Push-up - 3 sets x 60 seconds

Heavy Pull - 4 sets x 6 reps

Plank - 3 sets x 45 seconds

Split Squat Hold w/ SA Press - 2 sets x 15 reps / side

V Sit Hold - 2 sets x 60 seconds

Advanced

Stability Tempo Knee Tuck - 3 sets x 60 seconds

Kickstand RDL - 2 sets x 20 reps / leg

Slider Tabletop In & Out to Tricep Push-up - 3 sets x 60 seconds

Heavy Pull - 4 sets x 6 reps

Plank Saw - 3 sets x 45 seconds

Split Squat Hold w/ SA Press - 2 sets x 15 reps / side

V Sit Reach Up to Scissor - 2 sets x 60 seconds

fitness testing

Warm Up

Bum Kicks x 60 seconds

Jumping Jacks x 60 seconds

Gallop x 60 seconds

Skiers x 60 seconds

Skaters x 60 seconds

Mobility

Childs pose reach

Downward dog flow

Low lunge w/ overhead reach

Tabletop spine twist

Movement Prep & Activation

Lying Push-ups

Tabletop hold

Alternating reverse lunges

Bodyweight hip thrust

Beginner Fitness Testing

Team, the time has come to test!!!

Make sure to record everything we test in your **TFGG Fitness Testing Tracker!**

Let's finish this thing like the strong, capable, consistent, and incredible humans we are.

Today we will be testing the following:

Wall Sit

You are going to test max hold time with perfect form

Push-ups

You are going to test how many reps you can do with perfect form from your toes! If your max is below 20 reps, please also test your max number of modified reps and record both

Modified Iso Push-up Hold

You are going to test how long you can hold your body in an iso push-up hold with perfect form

Split Squat Hold

You are going to test how long you can hold your body in a split squat hold with perfect form on your non-dominant leg (and then match it on your dominant side)

Pull-ups / Inverse Row

You are going to test how many assisted pull-ups you can complete (and track the resistance you use). No ability to do pull-ups from home? Don't worry! We'll be testing max reps of inverse row instead

Iso Pull-up Hold / Inverse Row Hold

You are going to test max hold at the top of a pull-up! No pull-up bar? Don't worry - we'll test your max inverse row hold instead

Plank

You are going to test max hold time with perfect form

Modified V Sit Hold

You are going to test max hold time with perfect form (heels on floor)

Advanced Fitness Testing

Team, the time has come to test!!!

Make sure to record everything we test in your **TFGG Fitness Testing Tracker!**

Let's finish this thing like the strong, capable, consistent, and incredible humans we are.

Today we will be testing the following:

Weighted Wall Sit

You are going to test max hold time with perfect form while holding a single weight against your chest (make sure to track the amount of weight you use)

Push-ups

You are going to test how many reps you can do with perfect form from your toes!

Iso Push-up Hold

You are going to test how long you can hold your body in an iso push-up hold with perfect form

Split Squat Hold

You are going to test how long you can hold your body in a split squat hold with perfect form on your non-dominant leg (and then match it on your dominant side)

Pull-ups / Inverse Row

You are going to test how many pull-ups you can complete (and track the resistance you use if any). No ability to do pull-ups from home? Don't worry! We'll be testing max reps of inverse row instead

Iso Pull-up Hold / Inverse Row Hold

You are going to test max hold at the top of a pull-up! No pull-up bar? Don't worry - we'll test your max inverse row hold instead

Tilted Plank

You are going to test max hold time with perfect form

V Sit Hold

You are going to test max hold time with perfect form (legs perfectly straight)