

# **TFCG**

## **STRONGEST SELF**

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building your strongest  
body and mind one  
workout at a time

### **Block Four**

## 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

#### Circuit no. 1

**\*complete 3 sets / rest 45 seconds between each**

A. Tempo Goblet Squat x 10 - 12 reps

B. Tempo Split Squat x 8 reps

C. Split Squat Pulses x 45 seconds / side

\*Pair B and C together. Do all reps on one leg before switching

#### Superset no. 2

**\*complete 3 sets / rest 45 seconds between each**

A. Bodyweight Staggered RDL x 20 reps / side

B. Weighted Staggered Hip Thrust x 10 / leg

\*Pair together. Do all reps on one leg before switching

#### Explosive Legs

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

A. Paused Jump Squat x 10 reps

B. Jump Together Lunge w/ Rotation x 10 reps / leg

C. Straight Jumps x 25 reps (no break)

## Legs & Glutes

### Advanced

#### Circuit no. 1

**\*complete 3 sets / rest 45 seconds between each**

A. Tempo Banded Goblet Squat x 10 - 12 reps

B. Tempo Elevated Split Squat x 8 reps

C. Elevated Split Squat Pulses x 45 seconds / side

\*Pair B and C together. Do all reps on one leg before switching

#### Superset no. 2

**\*complete 3 sets / rest 45 seconds between each**

A. Staggered RDL x 20 reps / side

B. Weighted Single-leg Hip Thrust x 10 / leg

\*Pair together. Do all reps on one leg before switching

#### Explosive Legs

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

A. Paused Weighted Jump Squat x 10 reps

B. Weighted Jump Lunge w/ Rotation x 10 reps / leg

C. Tuck Jumps x 25 reps (no break)

## 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. Overhead Press x 8 - 12 reps
- B. Modified Tricep Dips x 15 reps
- C. Heavy Lateral Raise x 10 reps
- D. Modified Plank Up Downs x 60 seconds

#### Circuit no. 2

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

- A. Tempo Bent Over Row x 8 reps
- B. Prone Tempo Pull-down (5 count tempo) x 8 reps
- C. DB Pull-Over x 15 reps
- D. Russian Twist w/ Reach Up (heels down) x 60 seconds



## Upper Body Strength

### Advanced

#### Circuit no. 1

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

- A. Overhead Press x 8 - 12 reps
- B. Tricep Dips x 15 reps
- C. Heavy Lateral Raise x 10 reps
- D. Elevated Plank Up Downs x 60 seconds

#### Circuit no. 2

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

- A. Tempo Bent Over Row x 8 reps
- B. Prone Tempo Pull-down (5 count tempo) x 8 reps
- C. DB Pull-Over x 15 reps
- D. Russian Twist w/ Reach Up x 90 seconds

## 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. Modified Tricep Push-up Burpees x 60 seconds
- B. RDL (5) to Jump Squat (5) x 60 seconds
- C. High Knees x 60 seconds
- D. Tabletop to Plank x 60 seconds
- E. Squat Thrusters x 60 seconds
- F. Straight Jumps (3) to Tuck Jump (1) x 60 seconds

### Advanced

#### 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. Tricep Push-up Tuck Jump Burpees x 60 seconds
- B. KB Swings x 60 seconds
- C. Overhead High Knees x 60 seconds
- D. Tabletop to Plank Jumps x 60 seconds
- E. Squat Thrusters x 60 seconds
- F. Straight Jumps (2) to Tuck Jumps (2) x 60 seconds

## 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

#### Circuit no. 1

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

- A. Banded Wall Sit x 60 seconds
- B. V Sit x 45 seconds
- C. Elevated Burners x 30 reps / leg
- D. Tabletop In and Outs x 60 seconds

#### Circuit no. 2

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

- A. Deficit Heavy Pull (lower for 5 counts) – 2 sets x 6 reps
- B. Eagle Wipers x 60 seconds
- C. Front to Back Raise x 60 seconds
- D. Spiderman Plank to Push-up x 60 seconds

### Advanced

#### Circuit no. 1

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

- A. Weighted Banded Wall Sit x 60 seconds
- B. Hollow Body Hold x 60 seconds
- C. Banded Elevated Burners x 30 reps / leg
- D. Tabletop Donkey Kicks x 45 seconds / side

#### Circuit no. 2

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

- A. Deficit Heavy Pull (lower for 5 counts) – 2 sets x 6 reps
- B. 90° Eagle Wipers x 60 seconds
- C. Front to Back Raise x 60 seconds
- D. Knee Tuck to Spiderman to Push-up x 60 seconds

## 100 Rep Partner Challenge

### 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

## Challenge Day

### Ultimate Exercise Break Down

**We are going to be taking 5 of our favourite foundational movements and breaking them down into different sets - each with their own challenging variation and benefit. We'll be focusing on perfecting our form and pushing ourselves through 600 powerful reps! You ready?**

#### Squat

Banded Goblet Squat x 20 reps

Pause Sumo Squat x 20 reps

Cosack Squat x 20 reps

Front Extension Squat x 20 reps

Overhead Squat x 20 reps

#### Push-up

Pause Push-up x 20 reps

Elevated Tricep Push-up x 20 reps

Pike Push-up x 20 reps

SA Slider Push-up x 10 reps / arm

Superman to Lying Push-up x 20 reps

#### Hinge

Kickstand RDL x 20 reps / leg

Staggered RDL x 20 reps / leg

Sumo Pause RDL x 20 reps

#### Thrust

Banded Thrust w/ Pulse Out x 20 reps

Single-leg Thrust w/ Pulse x 20 reps / leg

Banded Pulse Up & Out x 40 reps

#### Plank

Renegade Row x 20 reps / arm

Plank Tilts x 40 reps

Plank Hops x 40 reps