

TFCG

STRONGEST SELF

building your strongest
body and mind one
workout at a time

Block One

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.

Coaching Seminar & Full Body Workout

Whether you're brand new to the gang or have been training with me for years, this coaching seminar is designed to ensure you get the absolute most out of the Strongest Self Program. Whether you're a Beginner or Advanced athlete, please take the time to complete this workout and seminar before taking on the rest of the program! While it isn't as challenging or high intensity as a typical TFGG workout, the information we cover is more valuable than anything.

Warm-up

- Why it's essential to warm our bodies up before we do anything else
- Effective ways to warm-up for your workouts

Mobility

- How to open the ankles, hips, and shoulders
- How to effectively stretch before a workout

Squat

SET UP

- Majority of weight driving through heels
- Gripping the floor with your toes
- Pulling apart the floor
- Glutes squeezed
- Core braced
- Shoulder blades pulled back and down
- Chin tucked so spine is neutral

SET UP

- Lower down into a squat sending your hips back
- Track your knees out
- Keep your spine neutral (no rounding or arching back / neck)
- Exhale on the way up!
- Squeeze your glutes hard at the top

Coaching Seminar & Full Body Workout

Deadlift

SET UP

- Feet hip distance apart and parallel (toes do not track out)
- Squeeze your glutes
- Brace your core
- Shoulder blades back and down
- Chin tucked to keep spine neutral

MOVEMENT

- Hinge at the hips, sending your butt back to the wall behind you
- Knees should bend as you lower down
- Spine remains neutral the entire time (no rounding or arching)
- Gaze should be on the ground at the bottom of the movement
- Exhale as you come up
- Squeeze your glutes as hard as you can at the top
- Do not arch your back at the top / thrust your hips too far forward

Split Squat

SET UP

- Feet should be in a staggered stance with weight driving through your back heel
- Grip the floor with your front toes
- You should be up on your back toes (heel off the ground)
- Squeeze glutes on your working (front) side
- Core braced
- Shoulders back
- Chest proud

MOVEMENT

- Lower down into split squat tracking knee out over front toe (angled out)
- Back knee should bend and almost touch the floor
- Hip should remain square to wall in front of you
- Keep driving weight through front heel to properly activate glutes

Glute Bridge

SET UP

- Lying on the floor, heels are in close to your bum
- Arms on the floor by your sides
- Core braced

MOVEMENT

- Drive your hips up toward the ceiling by pressing your weight through heels!
- Make sure to brace the core so your low back doesn't take over for your glutes
- Exhale as you drive up each rep

Coaching Seminar & Full Body Workout

Plank

SET UP

- Feet glued together
- Glutes squeezed hard
- Body in a straight strong line (butt cannot be up in the air and hip can't be falling down)
- Drop between your shoulder blades (no rounding)
- Gaze straight down on the floor

MOVEMENT

- Tiny sips of air as you hold

Push-up

SET UP

- Feet glued together
- Glutes squeezed hard
- Body in a straight strong line (butt can't be up in the air / hips falling down)
- Stack your body on top of your wrists (hands shouldn't be out in front of you)
- Hands should be about as wide as a standard yoga mat

MOVEMENT

- Lower down into a push-up until there is a 90° bend in your elbows
- Elbows should be slightly angled back toward your body
- Exhale as you push-up
- Think of it as a perfect plank moving up and down!

Row

SET UP

- Feet hip distance apart
- Knees bent
- Hinged forward so your hips are sent back
- Shoulder blades pulled back
- Spine neutral
- Gaze on the floor

MOVEMENT

- Row the weights up, squeezing your shoulder blades as tight as you can!
- Pause at the top of each rep
- Biceps should be tight by your sides
- Exhale as you row up

Coaching Seminar & Full Body Workout

Overhead Press

SET UP

- Feet hip distance apart
- Glutes squeezed
- Core braced
- No arching the back
- Holding the weights just below your ears

MOVEMENT

- Drive the weights up overhead
- Exhale as you press them up
- Keep your body braced in a straight strong line
- Make sure to lower the weights below your ears for full range of motion
- Don't let your back arch as you get tired

Beginner Fitness Testing

As you know if you've been in the gang for a while now, Fitness Testing is absolutely essential! If you want to see tangible evidence at how you improve through this program, we need to test. Proper testing allows you to see where you're at when it comes to your fitness capabilities, and set reasonable and challenging goals going forward!

We are going to complete this testing at the beginning of Block One and after we complete Block Five (10 weeks later) to see how you've progressed throughout this program. The key to incredible progress? One word: Consistency. Make sure to record everything we test in your **TFGG Fitness Testing Tracker!**

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

As you know if you've been in the gang for a while now, Fitness Testing is absolutely essential! If you want to see tangible evidence at how you improve through this program, we need to test. Proper testing allows you to see where you're at when it comes to your fitness capabilities, and set reasonable and challenging goals going forward!

We are going to complete this testing at the beginning of Block One and after we complete Block Five (10 weeks later) to see how you've progressed throughout this program. The key to incredible progress? One word: Consistency. Make sure to record everything we test in your **TFGG Fitness Testing Tracker!**

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)

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

Superset no. 1

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

- A. Paused Goblet Squat x 10 - 15 reps
- B. Alternating Slider Hamstring Curls x 10/leg

Superset no. 2

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

- A. Reverse Slider Lunge w/ Core Rotation x 15/leg
- B. RDL x 12 - 15 reps

Explosive Legs

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

- A. Bodyweight Speed Squats x 15 reps
- B. Bodyweight Split Squats x 12/leg
- C. Speed Straight Jumps x 12 reps

Legs & Glutes

Advanced

Superset no. 1

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

- A. Banded Paused Goblet Squat x 10 - 15 reps
- B. Hamstring Curls x 20 reps

Superset no. 2

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

- A. Slider In & Out w/ Core Rotation x 15/leg
- B. RDL x 12 - 15 reps

Explosive Legs

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

- A. Weighted Jump Squats x 10 reps
- B. Paused Split Squats Jumps x 12/leg
- C. Speed Tuck Jumps x 12 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. Bent Over Row x 10 - 15 reps

A. Tabletop x 30 seconds

B. Narrow to Wide Grip Shoulder Press x 10 - 12 reps

C. Reverse Fly x 12 - 15 reps

Circuit no. 2

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

A. Hinged Tricep Extensions x 12 - 15 reps

B. Bicep Curl to Chest Press x 10 - 12 reps

C. Modified Side Plank x 40 seconds/side

Finisher

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

Modified Push-up Burpees (no jump) x 60 seconds

Upper Body Strength

Advanced

Circuit no. 1

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

- A. Bent Over Row x 10 - 15 reps
- B. Tabletop to Push-up x 10 reps
- C. Narrow to Wide Grip Shoulder Press x 10 - 12 reps
- D. Reverse Fly x 12 - 15 reps

Circuit no. 2

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

- A. Hinged Tricep Extensions x 12 - 15 reps
- B. Bicep Curl to Chest Press x 10 - 12 reps
- C. Side Plank w/ Weighted Arm Extension x 40 seconds/side

Finisher

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

- Push-up Burpees x 60 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. Slider Burpee x 60 seconds
- B. Bodyweight Stability Lunge x 30 seconds/side
- C. Skaters x 60 seconds
- D. Skiers x 60 seconds
- E. Kneeling Dumbbell Punches x 60 seconds
- F. High Knee Skip 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. Slider Burpee w/ Push-up x 60 seconds
- B. Kettlebell Swings x 60 seconds
- C. Skaters (3) to Frog Jump x 60 seconds
- D. Straight Jump to Tuck Jump x 60 seconds
- E. V Sit Dumbbell Punches x 60 seconds
- F. Explosive High Knee Drives (on wall) 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. Paused Bodyweight Split Squat x 12/leg
- B. Plank x 45 seconds
- C. Bodyweight Thrust w/ 3x Pulse x 12 reps
- D. Paused Slider Knee Tucks x 10 reps

Circuit no. 2

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

- A. Modified Tricep Push-ups x 10 reps
- B. Prone Towel Row x 10 reps
- C. Paused Tabletop Row x 10 - 12 reps / side
- D. Modified V Sit w/ bodyweight X Hold x 45 seconds

Advanced

Circuit no. 1

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

- A. Paused Heavy Goblet Split Squat x 10 - 12/leg
- B. Plank Saw x 45 seconds
- C. Heavy Banded Thrust w/ 3x Pulse x 12 reps
- D. Paused Stability Knee Tucks x 10 reps

Circuit no. 2

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

- A. Paused Tricep Push-ups x 10 reps
- B. Prone Towel Row x 10 reps
- C. Paused Tabletop Row (knees elevated) x 10 - 12 reps / side
- D. V Sit Scissor w/ bodyweight X Hold x 45 seconds

Full Body Form Check

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

Full Body Form Check

Today, we are going over the movements you've been practicing throughout Block One and RECORDING THEM! As your coach, I am always telling you to record yourself train, and now we have a day specifically for it. There is nothing more rewarding than seeing how far you've come and what your body is capable of. We are going to make today all about recording each of the following movements! Please record one set of each of the following so you can look back on these when we complete Strongest Self.

Goblet Squat - 15 reps x 3 sets

RDL - 15 reps x 3 sets

Split Squat - 15 reps/leg x 2 sets

Glute Bridge (any variation) - 15 reps x 3 sets

Plank - 60 seconds x 3 sets

Push-up - 15 reps x 3 sets (modify if needed)

Row - 15 reps x 3 sets

Overhead Press - 15 reps x 3 sets