

TFCG

STRONGEST SELF

building your strongest
body and mind one
workout at a time

Block Three

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

Superset no. 1

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

- A. One and a Half Rep Goblet Squats x 10 - 12 reps
- B. Split Squat Drop Set x 12 reps weighted + 12 reps bodyweight / leg

Superset no. 2

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

- A. Lateral Weighted Squat x 12/leg
- B. Banded Bodyweight Hip Thrust w/ 2x Pulses x 15 reps

Explosive Legs

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

- A. Jump Together Lunges x 10/leg
- B. RDL x 20 reps
- C. Jump Squats x 10 reps

Legs & Glutes

Advanced

Superset no. 1

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

- A. Banded One and a Half Rep Goblet Squats x 10 - 12 reps
- B. Elevated Split Squat Drop Set x 10 heavy + 10 light + 10 bodyweight / leg

Superset no. 2

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

- A. Elevated Lateral Weighted Squat x 12/leg
- B. Banded Heavy Hip Thrust w/ 2x Pulses x 15 reps

Explosive Legs

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

- A. Weighted Jump Lunges x 10/leg
- B. KB Swings x 20 - 30 reps
- C. 90° Jump Squats x 14 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. Modified Tricep Push-up to Renegade Row x 8 reps
- B. Y Press x 10 - 12 reps
- C. Paused Upright Row x 10 - 12 reps
- D. Tabletop Reverse Fly (knees down) x 10 - 12 / arm

Circuit no. 2

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

- A. Push-ups x 15 reps (start on toes and drop down to knees only when needed)
- B. Chest Press (on bench or ball) x 12 - 15 reps
- C. Side Plank w/ Arm Extended x 40 sec / side

Finisher

Bodyweight Burpee Thruster x 2 minutes

Upper Body Strength

Advanced

Circuit no. 1

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

- A. Tricep Push-up to Renegade Row x 8 reps
- B. Y Press x 10 - 12 reps
- C. Paused Upright Row x 10 - 12 reps
- D. Tabletop Reverse Fly (knees hover) x 10 - 12 / arm

Circuit no. 2

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

- A. Elevated Push-ups x 15 reps (drop to floor if / when needed)
- B. Chest Press (on bench or ball) x 12 - 15 reps
- C. Side Plank w/ Arm Extended + leg hovering x 40 sec / side

Finisher

Weighted Burpee Thruster x 2 minutes

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. Burpees x 60 seconds
- B. Lateral High Knees (8) to Modified Frog x 60 seconds
- C. Skaters (3) to Modified Push-up x 60 seconds
- D. Leg Switches x 60 seconds
- E. Jump Squats into Speed Squats x 60 seconds
- F. Mountain Climbers into Plank 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. Tuck Jump Burpees x 60 seconds
- B. Lateral High Knees (8) to Frog Jump x 60 seconds
- C. Skaters (3) to Explosive Push-up x 60 seconds
- D. Reach Ups x 60 seconds
- E. Weighted Jump Squats x 60 seconds
- F. Slider Climbers (100) 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. Bodyweight Sumo Squat Hold x 60 seconds
- B. Tabletop Knee Taps x 45 seconds
- C. Hamstring Curl x 10 reps
- D. Spiderman Plank x 60 seconds

Circuit no. 2

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

- A. Paused Heavy Pull - 2 sets x 6 - 8 reps
- B. Prone Towel Pull-down x 10 reps
- C. Tabletop to Modified Push-up x 10 reps
- D. Slow Russian Twist x 60 seconds (lower heels to floor if / when needed)

Advanced

Circuit no. 1

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

- A. Goblet Weighted Sumo Squat Hold x 60 seconds
- B. Tabletop Slider In & Outs x 60 seconds
- C. Single-leg Hamstring Curl x 6 - 8 reps / leg
- D. Stability Spiderman Plank x 60 seconds

Circuit no. 2

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

- A. Paused Heavy Pull - 2 sets x 6 - 8 reps
- B. Prone Towel Pull-down x 10 reps
- C. Tabletop to Push-up x 12 reps
- D. Slow Russian Torture 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

1000 Rep Partner Challenge

You loved it last time, so let's do it again!!! A brand new 1000 rep partner challenge for us to take on in Block Three!

Here's the thing though: short on time? Don't worry. We know after last time that this is going to be a 90 minute workout, but if you just don't have time - don't stress. This workout combines lower, upper, and core training equally through the entire thing so that no matter how far in you get - it's an incredible full body session. You ready?

Squat Thrusters - 4 sets x 25 reps

Banded Glute Bridge - 4 sets x 25 reps

Push-Ups - 3 sets x 20 / 15 / 15 reps

Bent Row w/ Iso Hold - 1 set x 25 reps / side

Banded Lateral Walk - 2 sets x 50 reps

Split Squat Hold w/ 90° Single-arm Raise - 2 sets x 25 reps / side

Upright Row - 2 sets x 25 reps

Overhead Tricep Extension - 2 sets x 25 reps

Donkey Kicks - 2 sets x 25 reps / side

Plank Jacks - 4 sets x 25 reps

Leg Switches - 2 sets x 50 reps

Tuck Jumps - 2 sets x 25 reps

Burpees - 2 sets x 25 reps