

# **TFCG**

## **STRONGEST SELF**

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building your strongest  
body and mind one  
workout at a time

### **Block Two**

## 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. Eccentric Goblet Squat x 10 - 12 reps
- B. Sumo RDL x 12 - 15 reps

#### Superset no. 2

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

- A. Tempo Split Squat (adding weight is optional) x 8/leg
- B. Banded Bodyweight Hip Thrust x 20 reps

#### Explosive Legs

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

- A. Eccentric Bodyweight Squats x 10 reps
- B. Reverse Lunge w/ Rotation x 10/leg
- C. Lateral Hops x 16

## Legs & Glutes

### Advanced

#### Superset no. 1

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

- A. Banded Eccentric Goblet Squat x 10 - 12 reps
- B. Staggered RDL x 12 - 15 reps / leg

#### Superset no. 2

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

- A. Tempo Elevated Split Squat x 8/leg
- B. Single-leg Hip Thrust (adding weight is optional) x 15/leg

#### Explosive Legs

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

- A. Eccentric Jump Squats x 10 reps
- B. Jump Lunge w/ Rotation x 10/leg
- C. Lateral Tuck Jump x 12

## 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 x 10 reps
- B. Bent Over Row w/ Iso Hold x 10-12 reps/side
- C. Standing Chest Press w/ Bus Driver x 10-12 reps
- D. Prone Supermans x 10 reps

#### Circuit no. 2

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

- A. Iso Hold w/ Lateral Raise x 10 - 12 reps/side
- B. Bicep Curl to Shoulder Press x 10-12 reps
- C. V Sit Punches (no weight) x 30 seconds
- D. V Sit Press (no weight) x 30 seconds

### Finisher

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

- Mountain Climbers x 30 seconds
- Modified Push-ups x 30 seconds



## Upper Body Strength

### Advanced

#### Circuit no. 1

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

- A. Tricep Push-up x 12 reps
- B. Bent Over Row w/ Iso Hold x 10-12 reps/side
- C. Standing Chest Press w/ Bus Driver x 10-12 reps
- D. Prone Supermans x 10 reps

#### Circuit no. 2

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

- A. Iso Hold w/ Lateral Raise x 10 - 12 reps/side
- B. Bicep Curl to Shoulder Press x 10-12 reps
- C. V Sit Punches x 30 seconds
- D. V Sit Press x 30 seconds

#### Finisher

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

- Mountain Climbers x 45 seconds
- Push-ups x 45 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. Plank Jack Burpees x 60 seconds
- B. Modified Rotational Frogs x 60 seconds
- C. Skaters (3) to Reverse Lunges (2) x 60 seconds
- D. Modified Core Wheel x 60 seconds
- E. Max Reps Straight Jumps in 60 seconds
- F. Alternating Jumping Jacks (10 sec) to High Knees (10 sec) 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. Plank Jack Tricep Push-up Burpees x 60 seconds
- B. Kettlebell Swings (5) to Frog Jumps (5) x 60 seconds
- C. Skaters (3) to Jump Lunges (2) x 60 seconds
- D. Core Wheel x 60 seconds
- E. Max Reps Tuck Jumps in 60 seconds
- F. Overhead High Knees 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 Lateral Step Up w/ Knee Drive x 12/leg
- B. Paused Eagle Wipers x 45 seconds
- C. Glute Bridge w/ Pull Apart x 20 reps
- D. Bear Crawl x 45 seconds

#### Circuit no. 2

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

- A. Inverse Row - 2 sets x 6 reps each
- B. Tabletop w/ Single Arm Reverse Fly x 12/side
- C. Iso Hold w/ Lateral Raise x 10 -12 reps/side
- D. Slow Motion Mountain Climbers x 45 seconds

### Advanced

#### Circuit no. 1

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

- A. Lateral Step Up w/ Knee Drive x 12/leg
- B. Eagle Wiper to Plank Saw x 60 seconds
- C. Hamstring Curl w/ Pull Apart x 20 reps
- D. Slider Bear Crawl x 60 seconds

#### Circuit no. 2

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

- A. Assisted Pull-ups - 2 sets x 6 reps each
- B. Tabletop w/ Single Arm Reverse Fly (knees hover) x 12/side
- C. Iso Hold w/ Lateral Raise x 10 -12 reps/side
- D. Slow Motion Mountain Climbers x 1:15

## 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

**It's time for another full-body strength focused workout - only this time we are majorly turning things up a notch! One of my favourite things to see is when you take on our live workouts WITH your accountability partner on FaceTime. So for our Block Two Challenge (whether this is something you typically do or not) I am going to be encouraging you to do this workout TOGETHER - along with me! This is going to allow you to connect on a deeper level, push and encourage each other, and honestly just feel a lot less alone during this weird time. You ready?**

Sumo Squat - 4 sets x 25 reps

Elevated Lateral Squat - 2 sets x 25 reps/leg

Sumo RDL - 4 sets x 25 reps

Single-leg Glute Bridge - 2 sets x 25 reps/leg

Wall Sit Pull Apart - 4 sets x 25 reps (advanced team: option to band)

Banded Speed Squats - 4 sets x 25 reps (advanced team: option to jump)

Arnold Press - 2 sets x 25 reps

Bent Over Row - 2 sets x 25 reps

Lateral Raise - 2 sets x 25 reps

Reverse Fly - 2 sets x 25 reps

Rainbow Plank - 2 sets x 50 reps (beginner team: option to modify to knees)

Russian Twist - 2 sets x 50 reps (beginner team: rest heels on floor)