

General Guidelines for Block Five:

Here is how I want you to visualize TFGG LIFT Block Five: We are taking all of the training components that you have been working on in this past year and putting them together. That means you'll notice a couple key things:

- 1. It's really hard.** Well...obviously! I'm sure this is no surprise to you by now, but this is going to take a lot of mental and physical strength. I believe in you though, and if you've completed each of the Blocks fully and with intention leading up to this point, then you should be able to conquer this no problem.
- 2. We are testing a lot.** Yep! Because we want to see how far you've come in your strength, speed, and endurance.

I want you to please listen to your body. Please push yourself, but make sure you are doing it in the safest way possible. You are an athlete and such a champion, and I am so incredibly proud of how far you have come in this past year.

Are you ready? Let's do this.

Legs and Glutes

Warm Up

- Start with 5 minutes of moderate intensity cardio. This can be done on the treadmill, track, stairs, bike... It's completely up to you.
- Foam roll your quads, glutes, IT band, and hamstrings (Remember to check the TFGG video reference for how to foam roll most effectively).
- You know shit is about to get real. Now is the best time to choose a playlist that's going to help you kick ass. Download one of our TFGG Training playlists, or whatever else is going to help you kick some serious ass for the next hour.

Movement Preparation

- A. Hip Openers x 12**
- B. Lunge w/ Reach x 12/leg**
- C. Glute Bridge x 45 sec hold**
- D. Bodyweight Squats x 15**
- E. Back Squats (barbell only) x 12**

Your form needs to be PERFECT here. This is practice for the squats you are about to perform.

Barbell Back Squats

- **Complete 5 sets**
- Rest x 60 seconds between sets

- Make sure to slowly work your way up to your working weight with as many warm-up sets as you need.
- We are going to be truly testing your strength here to see how far you've come since the start of this program. Please ensure your form is SOLID and you are completely confident with the movement (I'm sure you are by now, but I can't emphasize enough how important this is!)
- Although it might not be possible, please squat with a spotter for your working sets and not just safety bars alone as we are going to be really focusing on your strength.
- Please make sure to rest for a full 60 seconds between sets to allow your central nervous system to recover!

Legs and Glutes

Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. Sumo Deadlifts x 10

- You will need to safely get to your working weight here. It's dangerous to just throw weight on the bar and begin, so slowly work up to what will be your actual "working weight". For example, if your working weight is going to be 115lbs, you should do 1 set @75lbs and another @95lbs first.
- Make sure to really focus on the glute squeeze at the top of the movement! Clench your butt HARD without arching backward and putting stress on your low back.

B. Sumo Squat Hold (weighted) x 2 minutes

- Hold a dumbbell with both hands below your legs.
- Make sure that your spine is straight and you aren't rounding or arching your back!
- If you reach absolute fatigue before the time is up (which you likely will) please drop the weight and stay low in the movement! I know it's hard, but I don't want you coming out of the sumo hold until the entire time is up!

C. Double Banded Lateral Walks x 15/direction

- This is similar to what we have done in the past, only now you will place a band on your ankles as well as above your knees.
- The objective is still to NEVER let your knees cave inward and to keep your spine straight and hips low!

Circuit no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. Split Squat Jumps x 15/leg

- Don't rush these babe! Make sure you have your balance before jumping up each time.

B. Single-leg Stability Ball Hamstring Curls x 10/leg

C. Single-Leg Stability Hip Thrusts x 15/leg

- Set up as you would in a normal SL Thrust, only place the foot of your working leg on a medicine ball.
- This is going to add an element of stabilization to each rep, and force you to maintain your balance as you press your hips up to the ceiling.
- Make sure to hold for a minimum of 2 counts at the top of each rep!

Stretch

Spend at least 5 minutes post-run stretching out everything that feels tight and sore. Regardless of how exhausted you are right now, stretching is NOT an optional step. Check the TFGG Movement Videos to get the most out of your stretches.

5km Run

Yep, it's happening again! First thing's first: go back and remind yourself of your best time from Block One of TFGG LIFT. Once you have your goal, you're going to hit the tread (or the trail) and re-test your 5km time. It's just like you've done before, only hopefully a little quicker and with an extra bonus challenge!

Directions

Choose your method: Whether you are going to run on a treadmill or outside, keep it consistent! **TREADMILL:** set the incline to 2.0 to mimic running outside. **OUTSIDE:** choose a path that you know is 5km and stick to it each time you do this run.

Warm Up: Spend 5 minutes lightly jogging before beginning your run to warm up your body and prepare your heart for intense cardiovascular exercise.

Round 3 Block Five New Challenge: Just like in Block One, we are going to keep the "no walking" rule. Remember that you can still slow down as much/as often as you need, but try to keep yourself in a jogging motion at all times. The new challenge being added takes place as soon as you complete your 4th km: you are going to take that one **AS FAST AS YOU CAN!** I want you to pretend like this is the end of a marathon and you are only minutes away from the finish line. While this is likely far from a sprint, I want you to pick up the pace significantly to the end!

Write it down: Record your final time down in TFGG TRACK so that you have it to compare against going forward. You are going to be down this challenge two times in Block 5 so make sure to write down both of your times.

Stretch

Spend at least 5 minutes post-run stretching out everything that feels tight and sore. Regardless of how exhausted you are right now, stretching is **NOT** an optional step. Check the TFGG Movement Videos to get the most out of your stretches.

Active Rest Day

You'll notice this is in a different order than it usually is! That's because I want you to have some recovery time before tomorrow's workout. now please don't be nervous, instead I want you to seriously focus on mobility and recovery! Stretch, get a massage, do yoga, foam roll, go for a walk, do whatever makes your body feel like it is ready to perform at it's best!

Journal

Just like in earlier Rounds, Block Five is the time where we take a step back from our own lives, and start thinking about the people that we can have a positive, meaningful impact on.

- Who is someone(s) in my life who is struggling with loving and accepting themselves right now?
- Who is someone(s) in my life that is looking for guidance and a way to FEEL BETTER?
- What can I say to them to let them know that I'm there for them no matter what they might be going through?
- What is an activity we can do together this week that will allow us to connect and spend meaningful time together?
- If there is one lesson you've learned since joining TFGG about how to treat yourself that you would want to share with them, what would it be?
- Okay, now please go out and make someones life a little brighter, never underestimate the power you have.

Warm Up

- Start with 5 minutes of moderate intensity cardio. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, IT band, and anything else that's sore or feels tight. (Remember to check the TFGG video reference for how to do it most effectively).

Movement Preparation

- A. Walkout to Push-Up x 8
- B. Lunge w/ Reach x 12
- C. Plank x 45 sec hold
- D. Bodyweight Squats x 15

The Murph

We are going to be doing something VERY different for your full body workout today! The Murph is a workout that is done in the Crossfit community typically on Memorial Day. It was created to honour Navy Lt. Michael Murphy (a SEAL who died in Afghanistan in 2005 in battle). There are a few things to note:

1. I did not develop this workout! I have, however made a few TFGG specific modification on how to perform it in the safest and most effective way possible.
2. Although this is a workout done in Crossfit, you do not need to be a Crossfit specific athlete to do this what so ever! It is one of the most fun challenges I have ever personally completed, and at this point in your training, I have full confidence that you are ready and able to take it on like a champ.

I can't wait to hear what you babes think of this!

The Murph

A. 1 Mile Run

- This is to be performed outside or on a treadmill as the first part of the workout. You want to go fast, but not so fast that you need to stop or walk. The goal here (just like in our 5km run) is to remain in a running/jogging motion until the mile is complete.

B. 100 Pull-Ups

200 Push-Ups

300 Bodyweight Squats

- These can be done in any order you like!! My recommendation is to break them down into reasonable sized circuits and do as many rounds as needed by the time they are complete. ie. 10 pull-ups/20 push-ups/30 bodyweight squats x 10 rounds. It's totally up to you though!
- Pull-Ups: it is up to you if you are going to use bands or a machine (either are fine!). Please just make sure you are challenging yourself seriously with the weight, and not just going easy on yourself to get a better time.
- Push-Ups: You CAN drop to your knees, but only when you absolutely need to! Don't cheat yourself to get a better time here either.

C. 1 Mile Run

- Yep... this is to be performed outside or on a treadmill as the last part of the workout! Same rules apply: You want to go fast, but not so fast that you need to stop or walk. The goal here (just like in our 5km run) is to remain in a running/jogging motion until the mile is complete.

RECORD YOUR FINAL TIME!

HAVE FUN MY LOVES!

Stretch

Spend at least 5 minutes postworkout stretching out all of the major muscles groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step. Check the TFGG Movement Videos to get the most out of your stretches.

Goal Setting

As a TFGG OG member, you're clearly no stranger to our goal setting method. Now that you're in TFGG LIFT though, we are taking your performance goals to a whole new level. On top of the goals listed here, make sure to fill in your TFGG TRACK sheet so that you can keep your eyes on the prize during this entire Round (aka know exactly what strength and performance goals you're working toward)!

Write Down:

The date and time each of your workouts will go down each week.

*Pro tip: Write in specific details about when each workout will occur. I.e. Legs & Glutes at the gym on Monday. Heading there straight after work to get it done!

Any social events, work functions, or activities you plan on attending.

*Think ahead: Which of these (if any) do you plan on drinking alcohol or allowing yourself a guilt-free treat meal/dessert?

One goal you have for yourself this week? It can be big, or small. Just make sure that you commit to it 100%.

*I.e. I will get a minimum of 7 hours of sleep every night next week. Your goal can seriously be anything you want and think you need to work on!

Warm Up

- Start with 5 minutes of moderate intensity cardio. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, IT band, and anything else that's sore or feels tight. (Remember to check the TFGG video reference for how to do it most effectively).

Movement Preparation

- A. Arm Circles x 12/direction**
- B. Lunge w/ Reach x 6/side**
- C. Walkout to Push-up x 8**
- D. Squats x 20**
- E. Plank x 45 seconds**

Rather than 3 rounds, you only have 1 today. Here is the deal: Yes, you are trying to see how long it takes you to complete everything, but I cannot stress enough how much **PROPER FORM** and **SAFETY** matter above all else! Please be just as cautious and careful as you would be in any other workout. Although some of these exercises are quick and cardio based, many focus on strength and require you to go slowly.

Complete 1 Round and record your time!

- A. RDL's : 15 reps x 3 sets**
- B. Walking Overhead Lunges : 12/leg x 2 sets**
- C. DB Bent Over Row : 12 reps x 3 sets**
- D. Tricep Push-Ups : 15 reps x 3 sets**
- E. Hip Thrusts : 15 reps x 3 sets**
- F. Bounding : 20 reps x 4 sets**
- G. Burpees : 40 reps x 1 set (try your best!!)**
- H. Max Effort Choice Cardio : 5 minutes**

Stretch

Spend at least 5 minutes postworkout stretching out all of the major muscles groups you just trained! Regardless of how exhausted you are right now, stretching is **NOT** an optional step. Check the TFGG Movement Videos to get the most out of your stretches.

Warm Up

- Start with 5 minutes of moderate intensity cardio. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- Foam roll your quads, glutes, IT band, and anything else that's sore or feels tight. (Remember to check the TFGG video reference for how to do it most effectively).

Movement Preparation

- A. Arm Circles x 12/direction
- B. Chest Openers x 30 sec/side
- C. Walkout to Push-Up x 8
- D. Plank x 45 seconds
- E. Heavy Resistance Pull-Ups x 10

These should be very smooth and not too challenging. The purpose is to activate your muscles and prepare your movement pattern for pull-ups before you begin.

Pull-Up Training

Today we will be re-testing what you did in Block One and seeing how far your pull-ups have come!

Option 1: Pull-Up Bands

Make sure to record each of the following numbers in your tracking sheet.

- Can I do any unassisted Pull-ups? If so, how many?**
- How many Pull-Ups can I do with my light band?**
- How many Pull-Ups can I do with my heavy band?**
- How many Pull-Ups can I do with both bands combined?**

Option 2: Pull-Up Machine

Make sure to record each of the following numbers in your tracking sheet.

- Can I do any unassisted Pull-ups? If so, how many?**
- At what resistance is my 1 REP MAX?**
- At what resistance is my 5 REP MAX?**
- At what resistance is my 10 REP MAX?**

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Stability Ball Combo x 10

- Toe tap (once on each side)
- Knee Tuck
- Push-Up

B. Inverse Row x 15

C. Weighted Plank x 90 sec

Place a plate on your back with a weight that will challenge you, but still allow you to maintain a straight spine.

Circuit no. 2

- Complete 4 rounds
- Rest x 45 seconds between rounds

A. Barbell Overhead Press x failure

B. Barbell Bent Over Row x 12

C. Heavy Russian Twist x 20/side

CHALLENGE: Place a light dumbbell between your feet and keep them off the ground!

Stretch

Spend at least 5 minutes postworkout stretching out all of the major muscles groups you just trained! Regardless of how exhausted you are right now, stretching is NOT an optional step. Check the TFGG Movement Videos to get the most out of your stretches.