

General Guidelines

The program you've all been waiting for...drumroll please: TFGG LIFT! Of all of the things I have ever created for you babes, this is by far the thing I am most excited and passionate about. This program has been carefully designed to teach you how to incorporate fundamental lifts into your training like a boss. Please don't let that scare you! As I have said 23982408.7 times before, lifting weights will NOT make you bulky! If you still have fears about this, please bring it up! This is a topic I will happily go into detail on in our Live Chats (and honestly is something I love explaining). This program combines heavier lifts with explosive movements and HIIT cardio. Over the next 10 weeks, you will have everything you need to get stronger, leaner, faster, and more toned than you've ever been in your life.

Before you dive into this program, I want to make it very clear who SHOULDN'T be doing this. Please read through the following and be very honest with yourself. It is extremely important to me that you train in a way that best suits YOU: Your fitness level, your body, and your lifestyle.

- This program is not for you if you have any serious mobility issues or injuries. Adding heavy weight to a movement pattern that is already flawed is only going to make the issue worse. Please go see a Physiotherapist or Athletic Therapist and have them help you work to improve your movement patterns before beginning this (or any other workout program for that matter).
- This program is not for you if you really struggled with the past 2 Rounds of TFGG. Let me be clear: Yes they were designed to be difficult (that was the whole point!) but if you couldn't do the exercises properly with good form or make it through the majority of workouts, than this baby is not for you just yet. Please go back to your first Round of TFGG workouts for this Round! The goal is to get those movements down and feel like a boss, before incorporating more complex exercises.
- This program is not for you if you want to do a bodybuilding or a powerlifting program. Yes, this will make you stronger and more toned, but it is designed following the TFGG training principles and therefore not for a bodybuilding or powerlifting competition in any way.
- This program is not for you if you can only workout from home. While I completely understand (and HUGELY RESPECT) those of you who train at home, it was not possible to design TFGG LIFT to work with the same minimal amount of equipment as in earlier Rounds. On top of the basics, you will need access to: a squat rack, a barbell & plates, and pull-up bars.

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.

Superset no. 1

- Complete 4 rounds
- Rest x 60 seconds between rounds

A. Banded Barbell Back Squat x 8

- Make sure to do a warm up set (or a few) before doing your first set at working weight.
- You can increase the weight through your sets as you feel ready. Make sure to record the individual weight on each set!

B. Banded-Weighted Jump Squats x 20

- The reason we are doing such an intense burn-out exercise directly after heavy squats is to work on your muscular endurance and power. These will feel SUPER intense, but push through as hard as you can and focus on getting as much explosive height as possible with each jump.

Legs and Glutes

Superset no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. 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. Barbell Hip Thrusts x 12 + Iso Hold x 30 seconds

- These will be extremely tough (and feel heavier than usual) because we are pairing them with a deadlift. I want you to be extremely careful to brace your core as strong as you can to protect your back and not let it get sore
- On the last rep, raise your hips up and hold them at the top squeezing your glutes as hard as you can for 30 seconds.

Superset no. 3

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Heavy Split Squats x 12/leg + Iso Hold x 30 seconds

- Hold a dumbbell in each hand firmly by your sides. Really challenge yourself with the weight here!
- On the last rep, lower down into full depth and hold for 30 seconds.

B. Single-leg Stability Ball Hamstring Curls x 8/leg

- KEEP THOSE HIPS UP! You know how we do this!

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.

TFGG Sprint to Climb

Oh, does this sound like the super evil opposite of last Block's cardio? That's because it is. Don't worry babe, you've got this.

Directions

- Turn on the treadmill and spend 5 minutes warming up.
- Then, set the incline to 1% and select a speed that will allow you to sprint as fast as you can. This should be hard and fast!
- When it's done you are going to get an entire minute to recover and you should need it.
- For your next interval, you are going to increase the incline to 2.0% and decrease the speed slightly as needed. Once again, go hard for 1 minute and recover for 1 minute.
- You are going to continue to repeat this pattern until the treadmill is at a incline of 15% and you are going as hard as you can at that incline.
- In total, this is 15 minutes of work and 15 minutes of rest! I am going to give you an example of what this might look like:

1. 1% @ 10.0MPH
2. 2% @ 9.8MPH
3. 3% @ 9.6MPH
4. 4% @ 9.3MPH
5. 5% @ 9.0MPH
6. 6% @ 8.8MPH

....I think you get the idea. Have fun babe!! xx

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.

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**
- E. Barbell only Squats x 15**

We are going to be doing something a little different for your full body workout today! You are going to complete 5 Rounds of each circuit, and record the time it takes you to do each! The goal is to improve your skill and speed in week 2, and compare the difference.

Circuit no. 1

- Complete 5 rounds
- Rest minimally as needed
- Record your time in TFGG Track!

A. Barbell Squats x 8

Make sure to work your way up to your working weight safely.

B. Pull-Ups x 8

Use either a band or the pull-up machine. Whichever option you choose, make sure you select a resistance that challenges you! The 8th rep should be extremely difficult.

C. Push-Ups x 8

These need to be hard! If 8 push-ups is quite easy for you, add a weight to your low back (a plate works best). Make sure to record whatever weight you use!

Circuit no. 2

- A. RDL's x 12
- B. Overhead Barbell Press x 12
- C. Hanging Leg Raises x 12

- Complete 5 rounds
- Rest minimally as needed
- Record your time in TFGG Track!

Core Finisher

Plank x failure

This sounds simple, but it really isn't. This is one ultimate plank to the finish. This is training for your next TFGG "Plank Off", and this is the only shot you get today at seeing how long you truly can plank for. Make sure you never lose perfect form!

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.

Friday Feels

Weeks 7 & 8 of this round mean one thing: This isn't new anymore, it's becoming part of your actual life.

You've been at this for a serious amount of time now, and I want you to check in with yourself on a few key pillars of growth. It's so easy to have this vision of ourselves that we want to work toward realizing, but unless we are checking in and making sure we're taking steps toward that, it will remain a figment of our imagination forever.

Journal

- How have I progressed in my fitness level since starting TFGG? What are the things I can do now that I am most proud of?
- How has the way I talk to myself and perceive myself changed? Am I actually my own BFF yet or do I still have a long way to go?
- How has my relationship with my body changed?
- How has my body composition changed?
- What is something I appreciate about myself now that I didn't before I began TFGG?

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

Option 1: Pull-Up Bands

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

- Light Band x failure x 3 sets**
- Heavy Band x failure x 3 sets**
- Both Bands x failure x 3 sets**

Option 2: Pull-Up Machine

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

Complete your first 3 sets with the 1 rep max weight that you recorded in Block Three. After that, increase the resistance up one notch for every pair of sets. You are going to complete 2 sets at each weight, going to failure at each one. Complete 9 sets total.

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Stability Ball Knee Tuck to Push-Up x 15

Make sure to focus on keeping the ball steady. You want to make sure you are perfectly balanced and in a straight line before beginning each tuck to push-up.

B. Inverse Row x 15

C. Stability Ball Around The World's x 12/direction

Challenge Circuit

- Complete 3 rounds
- No rest between rounds

A. 90' Lateral Raise x 45 sec

B. DB Punches x 45 sec

C. Reverse Fly x 45 sec

CHALLENGE: Complete these exercises using a single set of weights and do not put them down AT ALL until all 3 rounds have been completed.

Block Four: 1 Mile Challenge

- It's been a while since we tested this guy, eh?!
- Time to lace those shoes up, and see how your cardio has been progressing since the last Round of TFGG.
- Check back and see what your best time was from the previous Round. Your goal is to see how much you can beat that number by! Make sure to write it down.
- As you know, if using a treadmill it must be set to a 2% incline.
- Have fun!

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. Lunge w/ Reach x 6/side
- C. Walkout to Push-up x 8
- D. Squats x 20
- E. Plank x 45 seconds

GIANT CIRCUIT

Today, we are mixing up Met Con and doing things a little differently. Rather than 3 individual circuits, you have one giant one! You are going to complete it with perfect form, record the time, and then try to beat yourself in rounds 2 & 3. Game on babe.

Complete 3 rounds total! Record your time for each!

- A. Box Jumps x 20
- B. Squat Thrusters x 20
- C. Elevated Mountain Climbers x 40/leg
- D. Weighted Jump Lunges x 12/leg
- E. Oblique V-Ups x 20/side
- F. Up & Overs x 30/leg
- G. Max Effort Cardio x 2 minutes

*Can be done on any machine/outdoors/track

Stretch

Spend at least 5 minutes postworkout stretching out all of the major muscle 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

Circuit no. 3

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!