

## 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 (no weight on bar) x 12

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

### B. Bodyweight Hip Thrusts x 15

Focus on the squeeze at the top. This is really important to properly activate your glutes before beginning your first set.

## Superset no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. Back Squats x 12

- Do not perform these without watching the TFGG LIFT: Back Squat video
- 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 95lbs, you should do 1 set @75lbs first. The heavier your working weight, the more warmup sets necessary.
- Don't know what your working weight will be? That's okay! Use today as an opportunity to practice it and see what feels good. Don't be in a rush to go too heavy too fast!

### B. Heavy Barbell Hip Thrusts x 12

- Do not perform these without watching the TFGG LIFT: Hip Thrust video
- Go heavy! Make sure to really challenge yourself here and pause for 2 counts at the top of every rep.

# Legs and Glutes

## Superset no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. Deadlifts x 12

- Do not perform these without watching the TFGG LIFT: Deadlift video
- 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
- Don't know what your working weight will be? That's okay! Use today as an opportunity to practice it and see what feels good. Don't be in a rush to go too heavy too fast!

### B. Reverse Barbell Lunges x 10/leg

- These are to be done **ALTERNATING legs**. That means one rep on the right leg and then the next on the left. 20 reps total.
- Do not perform these without watching the TFGG LIFT: Reverse Lunge Video
- Don't worry about going too heavy here or even adding weight to the bar until you really have your form down
- Pause for 2 counts at the bottom of each rep

## Circuit no. 1

- Complete 3 rounds
- No rest between rounds

### A. Lateral Band Walk x 15/direction

Place a band just above your knees and focus on driving them apart the entire time. The goal is to stay low in a full squat position and to never let your knees cave inward!

### B. Jump Lunges x 15/leg

### C. Weighted Donkey Kicks x 20/leg

- Add a dumbbell behind your knee for added resistance, and complete one pulse at the top of every 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

It's that time again! Okay, this might not be your fave (or who knows, maybe it is!) but we all know how accomplishing it is by now. You are 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 a few more requirements!

## 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 New Challenge:** This is a new goal for you now that this isn't so new anymore. No walking or stopping AT ALL. Don't freak out. You can slow down at any point, but try to keep it to a really slow jog where your body is still doing a "running motion". It's going to make it harder, but it'll feel that much more accomplishing once you complete it.
- **Write it down:** Record your final time down in your journal (along with today's date) so that you have it to compare against going forward. You are going to be down this challenge two times in Block 1 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.

## 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 20**
- E. Barbell-only RDLs x 15**

## Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

### A. Tempo Goblet Squats x 8

Down x 3 counts

Hold x 3 counts

Up x 1 count

### B. RDLs x 15

Do not perform these without watching the TFGG LIFT: RDL video

Focus on your hip drive and lock out your glutes at the top

### C. Single-leg Hip Thrusts x 15/leg

Make sure to really challenge yourself here and pause for 2 counts at the top of every rep.

To increase the intensity, add weight by placing a dumbbell in your lap

## Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

### A. Weighted Push-Ups x failure

Place a 10lb plate on your low back and glutes. Make sure to brace your core and never let your hips drop. Once you hit failure, drop to your knees and complete max modified reps with the plate still on you. Write down both numbers.

### B. Inverse Row x 12

Do not perform these without watching the TFGG LIFT: Inverse Row Video

### C. X-Hold x failure

Check back on the weight you used in the previous round. You can choose to increase the weight if you feel ready. If not, the goal is just to beat your previous time by as much as you can!

## Circuit no. 3

Set your timer for 10 minutes and get in as many rounds as you can within that time. Make sure to write down how many you get so that you can compare and try to beat it in week two!

### A. Tilted Plank x 30 seconds

### B. V-sit Hold w/ DB Punches x 25/arm

### C. Stability Ball Knee Tucks x 12

## 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.

## Thoughtful Thursday

If there is one thing I hope you've taken away from being in TFGG, it's that without mental health there is no true physical health.

It's easy to force ourselves to eat perfectly and train our faces off until we look like some chick on Instagram, but in order to truly be at peace with ourselves on the inside and outside, it's about so much more. My dream for you is to love yourself for who you truly are, and for us to learn that life is about more than attempting perfection. Here is the game plan for this Thoughtful Thursday.

## Journal

- When did you most feel like a boss in this past week?
- What is something you've done lately that's made you feel fulfilled and happy (big or small)?
- Is there a negative pattern or habit that you want to focus on breaking to improve your overall quality of life? What is one step you can take toward breaking it?
- Who is someone in TFGG that has made you smile or somehow motivated you this week? DM them and let them know.

## 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

The goal of today is to play around with your pull-ups for the first time. By doing this, we are going to determine your baseline for getting pull-ups DOWN. You have two choices: Train by using a variety of pull-up bands, or by using the pull-up machine at your gym. NOTE: Both will work, however bands will more closely mimic an actual free pull-up as they force you to stabilize yourself in the same way. If you are more advanced, and close to actually getting free pull-ups I would recommend using bands if possible. If you are more of a beginner and need the machine to help stabilize yourself, I would begin with that.

Realistically, both are great options and here is how to get started with each.

## Option 1: Pull-Up Bands

My recommendation here is that you purchase 2 bands. One lighter (aka will give less resistance and make pull-ups harder) and one heavier (aka will give more resistance and make pull-ups easier). Then, you can use both of them together at the same time to give the most resistance and make them the very easiest. Make sense?

Although there are lots of great bands out there, I use the brand White Lion Athletics for myself and my clients. I typically use their purple band as a light band and their green band as a heavy band. Then I use them both together to be the heaviest. You may need to scale up or down from this based on your strength!

## You will need to test to find the following:

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

**What is the number of reps can I do on my lightest band?**

**What is the number of reps can I do on my heavier band?**

**What is the number of reps can I do on my heaviest band?  
(Aka using both of my bands together)**

## Option 2: Pull-Up Machine

Pull-up machines are also great! If you are a beginner when it comes to building strength, or if you just don't want to invest in bands, than this baby will absolutely do the trick. Here's the thing: not all pull-up machines are alike. Most, will have the numbers listed in "lbs of resistance" (aka if you put the peg in 40, that would mean there is 40 pounds of resistance against your body weight). However, some will just be numbered "1,2,3,4" (increasing in weight but not actually telling you how many lbs of resistance). Either is fine, you just need to create a baseline with what you're working with and use the same version each time.

## You will need to test to find the following:

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

**At what resistance is my 1 REP MAX?**

**At what resistance is my 5 REP MAX?**

**At what resistance is my 10 REP MAX?**

## Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

**A. Spiderman Push-Ups x 12**

**B. Bent Over BB Row x 12**

Do not perform these without watching the TFGG LIFT: Bent Over Row video

## Circuit no. 1

- Complete 3 rounds
- Rest x 30 seconds between rounds

**A. Tricep Push-Ups x failure**

**B. Shoulder Press x 12**

**C. Reverse Fly x 20**

## Uphill Climb:

- Begin by setting the treadmill to it's MAX incline. For a standard treadmill, this will be a 15.0% incline (note that if you have a specialized treadmill that goes higher, you do not need to raise it past 15.0%)
- You are going to walk uphill at this incline for **2 minutes!** You need to choose a speed that is going to be difficult (ie. Breathing should be heavy and you should be sweating A LOT) but you should be able to maintain this speed the entire way through (or as close to it as possible.)
- Just before the 2 minute mark, you are going to increase the speed to your run pace. This should as fast as you can possibly go for **1 minute!** Now is not the time to hold back as you get an entire minute to recover after.
- After 1 minute, step on the sides of the treadmill and give yourself a full minute to recover at rest. While you do, bring the treadmill back to your walk pace.
- The pattern looks like: **2 minutes walk/ 1 minute FAST RUN/ 1 minute recover**
- **Complete 5 rounds for a total of 20 minutes**
- **Note:** The handles are FIRE. Don't be grabbing on to these bad boys as you climb that mountain for help! If it's too fast for you to climb without doing so, take the speed down a notch.

## 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

## Circuit no. 1

Instead of completing 3 rounds of this circuit, set your timer for 12 minutes and complete as many rounds as you can in that time. Make sure to record how many rounds you crush so that you can compare it in the second week!

### A. Barbell Only Squats x 15

These are intended to be done with speed, but also with perfect form! This should be very high intensity.

### B. Inverse Row x 12

### C. Elevated Mountain Climbers x 40/leg

These are to be performed with your feet on a bench. Keep your body in a perfectly straight line with your core locked on.

## Circuit no. 2

Instead of completing 3 rounds of this circuit, set your timer for 12 minutes and complete as many rounds as you can in that time. Make sure to record how many rounds you crush so that you can compare it in the second week!

### A. Elevated Sumo Squats x 15

Stand with each foot on a separate bench or riser to increase depth in your movement. Focus on keeping your body tall and squeezing your glutes hard at the top of each squat.

### B. Monster Burpees x 10

Do one push-up and one jump squat with each burpee

### C. Russian Torture x 12

Do a press after completing a Russian Twist toward both sides. This will look like: twist right, twist left, press. 1 rep counts after each press.

## Circuit no. 3

Instead of completing 3 rounds of this circuit, set your timer for 12 minutes and complete as many rounds as you can in that time. Make sure to record how many rounds you crush so that you can compare it in the second week!

### A. Split Squats x 15/leg

### B. Up and Overs x 30/leg

Hold a weight up in front of you to increase the intensity

### C. Elevated Plank Up Downs x 60 seconds

These are to be performed with your feet on a bench. Keep your body in a perfectly straight line with your core locked on.

## 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

## 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!