

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.

F. Sumo Deadlifts (barbell only) x 12

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 4 rounds
- Rest x 60 seconds between rounds

A. Back Squat w/ Pulse x 8

- These must be done slow and controlled, ensuring you are carefully pulsing down and up, and not just "bouncing" in your squat.
- Make sure to do a warm up set (or a few) before doing your first set at working weight.

B. Box Jumps x 15

- The reason we are box jumping right after a heavy squat, is to work on our explosive strength and power.
- Make sure to take off and land SOFTLY & SILENTLY.
- You can work your way up in height, but remember it is about form above all else.
- Don't do a height that terrifies you, just because it looks cool or you want to feel impressive. Make sure to work your way up in height and only do what is safe for you!
- Make sure you step off of the box, don't jump down.

Legs and Glutes

Superset no. 2

- 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. Reverse Barbell Curtsy Lunges x 12/leg

- **Do all reps on one leg before switching.** You may re-rack your bar and take a short pause before beginning the other leg.
- Do not perform these without watching the TFGG LIFT: Reverse Lunge & Curtsy Lunge Video
- Pause for 2 counts at the bottom of each rep

Circuit no. 1

- Complete 2 rounds
- No rest between rounds

A. Weighted Jump Lunges x 12/leg

Hold a dumbbell in each hand firmly by your sides.

B. Lateral Band Walk w/ Pulse out x 10/direction

Place a band just above your knees and focus on driving them apart the entire time. Each time you step you are going to pause and pulse your knees OUTWARD (aka driving them apart from each other).

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

Pause for 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.

TFGG Climb to Sprint

Time for a brand new challenge... You ready?!

Directions

- Turn on the treadmill and spend 5 minutes warming up.
- Then, set the incline to 15% and select a speed that will allow you to go for 1 minute at this incline. This should be hard!
- 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 lower the incline to 14% and increase the speed slightly. 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 1% and you are ALL OUT SPRINTING for 60 seconds.
- 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. 15% @ 5.5MPH
2. 14% @ 5.8MPH
3. 13% @ 6.0MPH
4. 12% @ 6.3MPH
5. 11% @ 6.4MPH
6. 10% @ 6.8MPH

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

Stretch

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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 RDL's x 15

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. RDL's x 12

B. Overhead Walking Lunges x 12/leg

Set up by holding one weight overhead with your arms straight. This can be a plate, dumbbell, or medicine ball. Before beginning, make sure your core is locked on and your body is in a perfectly straight line.

You are going to keep the weight here until all of your reps are complete!

C. Banded Jump Squats x 60 seconds

Place a band just above your knees. You are going to do as many jumps WITH GOOD FORM as you can in 60 seconds. Take breaks when you need to, but then get right back in. Make sure to get proper depth with each rep and focus on keeping your spine straight.

Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Pull-Ups x 5 reps x 3 sets

Refer back to your track sheets from Block One. Select the weight based on your 5 rep max (if using the pull-up machine) or use whichever band will allow you 5 reps.

B. Push-Ups x failure

Check in: Go back and see how far you've come! How many more push-ups can you do now than when you first joined TFGG?

C. BB Bent Over Row x 12

Circuit no. 3

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. Stability Ball Around the World's x 10/direction

Place your elbows on the ball and circle them around, driving them away from you.

B. Hanging Leg Raises x 10

You are going to hang from a bar and allow your body to be perfectly still (so no swinging). Then, raise your legs up to 90' and lower them down. You are going to try to minimize excess swinging as much as possible. I know it's tough, but it will come with practice!

C. Stability Ball Knee Tucks x 15

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

Okay, it's weeks 5 & 6 of this Round so you probably know what that means by now: A lot of people will have fallen off.

I get it. Life can be stressful and it's easy to lose motivation! But if there is one thing I hope you've learned by now it's that consistency beats motivation every time. You might not want to do it now, but you know how worth it it'll be long term if you don't give up on yourself. I believe in you, and I need you to believe in you too.

Journal

- How am I doing in life right now? This doesn't need to be specific, it's just about checking in with yourself!
- How is my mental health? Do I feel like I'm in a good place?
- Am I working as hard and feeling as driven as I was when I started this Round? Why or why not?
- Who is someone that needs me right now? Even if it's just for me to let them know I am there for them. Reach out to that person, because you never know how much it will do.
- 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

Option 1: Pull-Up Bands

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

- Light Band x failure x 2 sets
- Iso Pull-Up Hold x fail (track time!)
- Heavy Band x failure x 3 sets
- Iso Pull-Up Hold x fail (track time!)
- Both Bands x failure x 2 sets
- Iso Pull-Up Hold x fail (track time!)

Option 2: Pull-Up Machine

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

Complete your first 2 sets with the 1 rep max weight that you recorded in Block Two. 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 8 sets total.

Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Tricep Push-Ups / Plank x 60 seconds

Set up in a straight arm plank with your timer on for 60 seconds. Every 5 seconds, do 1 tricep push-up. If you need to drop to your knees to complete the push-up you can, but make sure to return to a full plank in between reps.

B. Paused Inverse Row x 8

Hold at the top of each row for 3 full counts.

Challenge Circuit

- Complete 4 rounds
- No rest between rounds

A. Lateral Raise x 10

B. Reverse Fly x 10

C. Shoulder Press x 10

CHALLENGE: Complete these exercises using a single set of weights and do not put them down AT ALL until all 4 rounds have been completed.

Block #3: Cardio Testing

- How long can you hold out at a certain pace and incline?
- Begin by setting the treadmill to a 10% incline and setting the speed to 5.4MPH. You are going to see HOW LONG you can run at this pace.
- Once you reach failure, record that number! It's your goal to make it longer than this next week.
- Once you have completed the test, you are going to perform the rest of your work at a 10% incline to add up to 20 minutes of total cardio. (So say you ran for 7 minutes, you would do 13 minutes here).
- Set the speed to whatever you need to do it (it should challenge you, but allow you to complete it!)

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.

- A. Bounding x 25
- B. Elevated Up Downs x 8/arm
- C. Jump Lunges x 12/leg
- D. Bench Hops x 30
- E. Front Extension Squats x 20
- F. Jump Squats x 20
- G. Push-Up Burpees x 12
- H. 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 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!