

## 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 the squats you are about to perform.

### F. 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 4 rounds
- Rest x 60 seconds between rounds

### A. Banded Back Squats x 12/10/8/8

- Place a band just above your knees and focus on driving them apart throughout each rep.
- These sets are going to be completed in descending reps. The first set will have 12 reps, then 10, 8, and 8 again. With each set you will increase the weight! The amount that you increase the weight by is up to you, but make sure you are able to maintain good form throughout each set.
- An example might look like: 85lbs, 95lbs, 105lbs, 110lbs.
- Do not perform these without watching the TFGG LIFT: Back Squat video

### B. Banded Heavy Barbell Hip Thrusts x 12

- Place a band just above your knees and focus on driving them apart throughout each rep.
- 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 10

- 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. Your weight should be heavier than it was for the 12 reps last Block.

### B. Reverse Barbell 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 Video
- Pause for 2 counts at the bottom of each rep

## Circuit no. 1

- Complete 2 rounds
- No rest between rounds

### A. Hamstring Curl to Bridge x 20

### B. Lateral Band Walk w. Jump Squat x 15/direction

Place a band just above your knees and focus on driving them apart the entire time. Every 3 steps you are going to do 1 Jump Squat and then continue. The goal is to stay low in a full squat position and to never let your knees cave inward!

### C. Banded Golden Arches x 20

Place a band around your ankles and focus on pulling your legs apart as hard as you can with 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.

## Cardio Countdown

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

### Directions

- For this you have the join of running on a treadmill, running outside, or using the stair master
- Turn on the machine and spend 5 minutes warming up. As always, if you're using a treadmill make sure the incline is turned to 2.0 to mimic running outdoors.
- Choose a speed that you are going to go for 3 minutes. This should be a speed that is extremely challenging to maintain, but allows you to go for the entire 3 minutes without stopping.
- Once completed, you are going to rest for 60 seconds.
- You are going to continue to repeat this, reducing the working time by 30 seconds each time, and increasing your pace each time. It is completely up to your how much you increase by, but you need to be able to go for the required amount of time. Once you reach 30 seconds of effort, you are going to work your way back up to 3 minutes again (reducing the speed as you go).
- An example of this would look something like: 3 min @7.0 / 2:30 min @7.2 / 2:00 min @7.5 / 1:30 min @7.9 / 1:00 min @8.5 / 00:30 sec @9.2 (then working your way back up to 3 minutes @7.0). Each of these should be extremely challenging and you should need the entire 60 seconds of rest between them.

### 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 Sumo Deadlifts x 15**

## Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

### A. Sumo Deadlifts x 12

Do not perform these without watching the TFGG LIFT: Sumo 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.

### B. Goblet Squat w. Pulse x 12

### C. Double Elevated Hip Thrusts x 15/leg

You are going to do these by placing 2 benches right next to each other. Set up your back against one bench like you normally would, and place the foot of the working leg against the edge of the other bench. This is going to give you increased leverage with each rep and make your hip thrusts WAY more intense.

## Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

### A. Pull-Ups x 10 reps x 2 sets

Refer back to your track sheets from Block One. Select the weight based on your 10 rep max (if using the pull-up machine) or use whichever band will allow you 10 reps.

### B. Elevated Spiderman Push-Ups x 6/side

Place your feet on a bench and make sure to pause with your knee up for 2 counts each rep.

### C. DB Bent Over Row x 12

## 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. Stability Ball Plank x 45 seconds

Place your elbows on the ball and focus on driving them away from you.

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

This is the exact same exercise you did before, only you are going to sit on a bench in order to increase the amount of stabilization required.

### C. Elevated Mountain Climbers x 50/leg

## 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 in control of your life & creating your future in the last week?
- Do you feel in touch with and connected to your own sexuality right now? Explain why or why not?
- What workout did you feel the best about this week? What was it about the way you did it that made you feel so good?
- 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 3 sets**
- Heavy Band x failure x 2 sets**
- Both Bands x failure x 2 sets**

### Option 2: Pull-Up Machine

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

Complete your first set with the 1 rep max weight that you recorded last week. After that, increase the resistance up one notch for each consecutive set. You are going to complete 6 sets total, going to failure at each one.

## Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

### A. Tempo Push-ups x 8

Down for 3 counts, hold for 3 counts, up for 1 count.

### B. Inverse Row x 12

Focus on keeping your body flatter than it was while doing these in Block One.

## Circuit no. 1

- Complete 3 rounds
- Rest x 30 seconds between rounds

### A. Tricep Push-Ups x 12

If you want to make these more challenging, add a weight on your low back and glutes.

### B. Tricep Dips x Failure

### C. V-Sit w. Shoulder Press x 20

## Uphill Mile Challenge

- 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 climb uphill until you reach 1 mile! Yep, that's the challenge. You can go as fast or as slow as you like, but you cannot get off the treadmill to rest until you've completed your mile.
- Push yourself here! The goal is to get the best time you can, and then beat yourself next week. Good luck!

## 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. Walking Lunges w. Shoulder Press x 10/leg

You are going to hold dumbbells at your shoulders and step into your lunge. Only once you are actually in the lunge, complete a shoulder press. Then stand back up and repeat on the other leg.

### B. Bounding x 25

### C. Elevated Mountain Climbers x 50/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. Split Squat w/ Jump x 15/leg

As you begin to stand up, power upward and jump your front foot into the air. Be very cautious and don't rush here! Make sure you have your balance and land softly with each rep.

### B. Monster Burpees x 15

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

### C. Sprinters x 12/side

## 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. Barbell Only Jump Squats x 15

These are to be performed by setting up with a barbell on your back (with no additional weight on it). You are going to lower down with perfect squat form, and power up into a jump squat with as much height as you can. Focus on getting full depth in each rep, and keeping your spine straight and body tall.

### B. Bench Hops x 25/side

### C. Tilted Plank x 45 seconds

## 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!