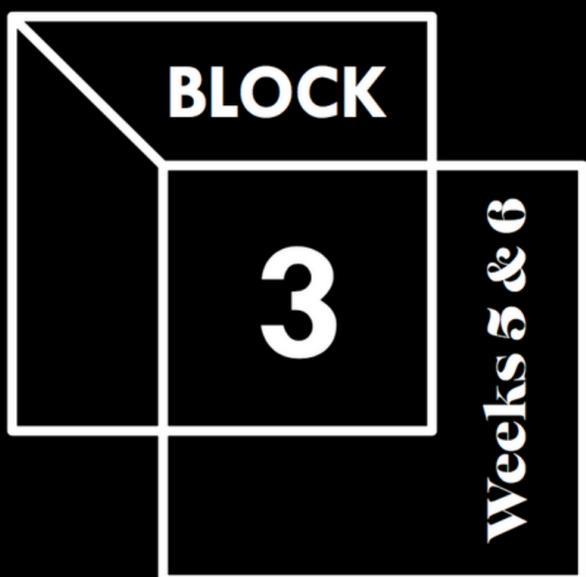


TFGG

the fit girl gang

mama program



Warm Up

- Start with 5 minutes of moderate intensity cardio to elevate your heart rate and get your blood flowing. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- If you don't have access to any cardio equipment, jogging on the spot for 5 minutes works perfectly too!
- Foam roll your quads, glutes, calves, hamstrings, and anything else that is sore or feels tight. (Remember to check the TFGG Foam Rolling Reference for how to do it most effectively).

Movement Preparation

1. HIP OPENERS X 12



2. LUNGE W/ REACH X 6/ LEG



3. MONK STRETCH X 2 REACHES/ SIDE



4. DOWNWARD DOG X 30 SECONDS



Movement Preparation

5. SINGLE-LEG GLUTE BRIDGES X 10/LEG



6. BODYWEIGHT SQUATS X 15



NOTE:

Making sure your glutes are fully activated before training them is essential. If this movement prep wasn't quite enough to get your glutes fired up, go check out the Glute Activation Exercise Videos. Play around with them to figure out what works best for YOUR GLUTES (every person is unique) and add your favourite activations into your Legs & Glutes Movement Prep each week.

Legs & Glutes

Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. DOUBLE DUMBBELL SQUAT X 12



B. STABILITY BALL HAMSTRING CURLS X 10



C. STABILITY BALL PLANK X 30 SECONDS



Legs & Glutes

Circuit no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. SPLIT SQUATS X 15/LEG



B. GOLDEN ARCHES X 20



C. SINGLE-LEG ELEVATED GLUTE BRIDGES X 12/LEG

Rest your heels on the ground if you need to modify!



Stretch

- Spend at least 5 minutes post-workout stretching all the muscles out we trained today. Regardless of how exhausted you are right now, stretching is NOT an optional step.
- Ensure that you hold each stretch for a minimum of 30 seconds.
- Relax, breathe deeply, and allow your body to relax into each stretch.
- Check the TFGG Stretching Reference, to get the most out of your stretches.
- If you have time, complete the TFGG Full Body Flow.

Warm Up

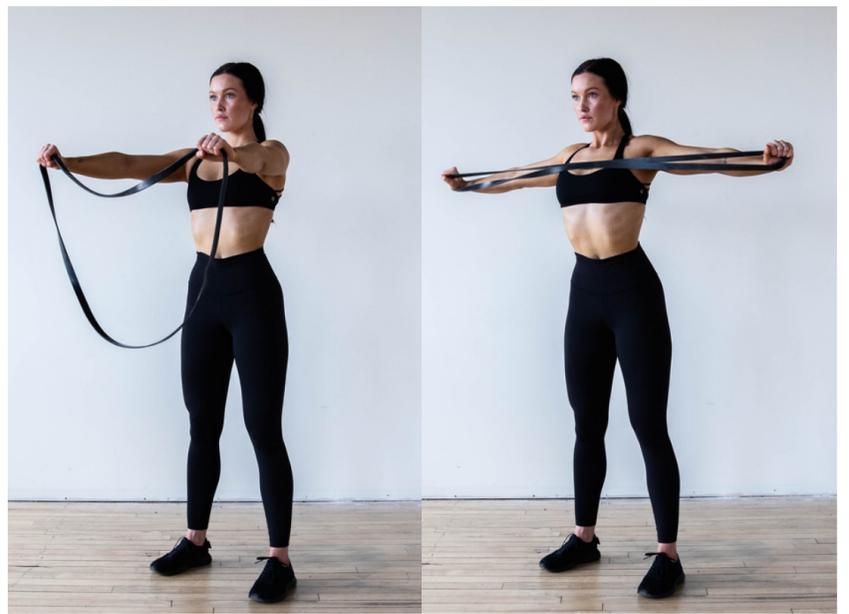
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Movement Preparation

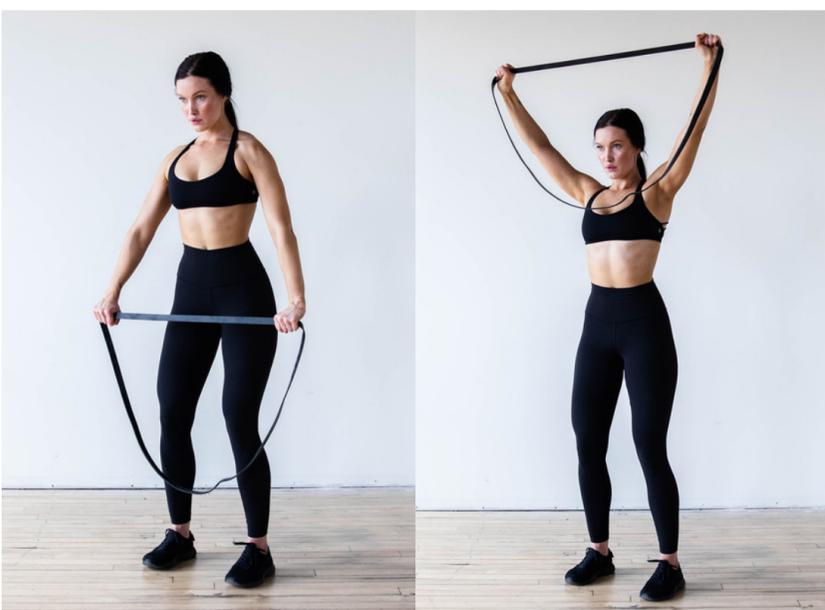
1. CHEST OPENER X 30 SECONDS/ SIDE



2. BAND PULL APARTS X 12



3. BAND RAISES X 6



4. WALKOUT TO PUSH-UP X 6



5. TABLETOP X 45 SECOND HOLD



Circuit no. 1

A. TEMPO PUSH-UPS X 10

LOWER DOWN FOR THREE COUNTS, HOLD FOR 2 COUNTS, AND PUSH BACK UP FOR ONE COUNT.



- Complete 3 rounds
- Rest x 60 seconds between rounds

B. BENT OVER ROW X 12



C. TRICEP DIPS X 12



Circuit no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. OVERHEAD PRESS X 15



B. UPRIGHT ROW X 15



C. SPIDERMAN PLANK X 8/SIDE



Stretch

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Warm Up

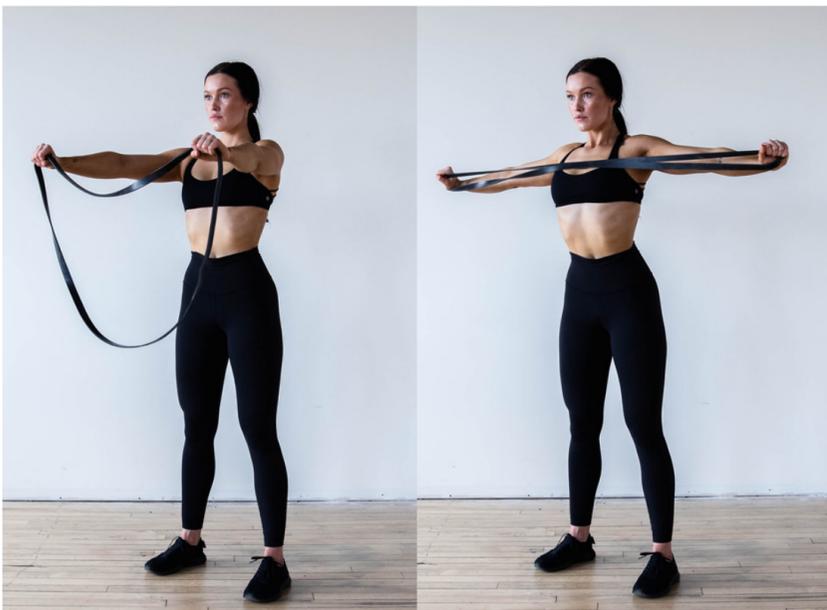
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If you don't have access to any cardio equipment, jogging on the spot for 5 minutes works perfectly too!

Foam roll your quads, glutes, calves, hamstrings, and anything else that is sore or feels tight. (Remember to check the TFGG Foam Rolling Reference for how to do it most effectively).

Movement Prep

1. BAND PULL APARTS X 12



2. WALKOUT TO PUSH-UP X 6



3. LUNGE W/ REACH X 6/LEG



4. DOWNWARD DOG X 30 SECONDS



4. PLANK X 30 SECOND HOLD



6. BODYWEIGHT SQUATS X 12



Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. SUMO SQUAT HOLD X 60 SECONDS



B. REVERSE FLY X 20



C. SQUAT THRUSTERS X 15



D. LEG SWITCHES X 1:15



Circuit no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

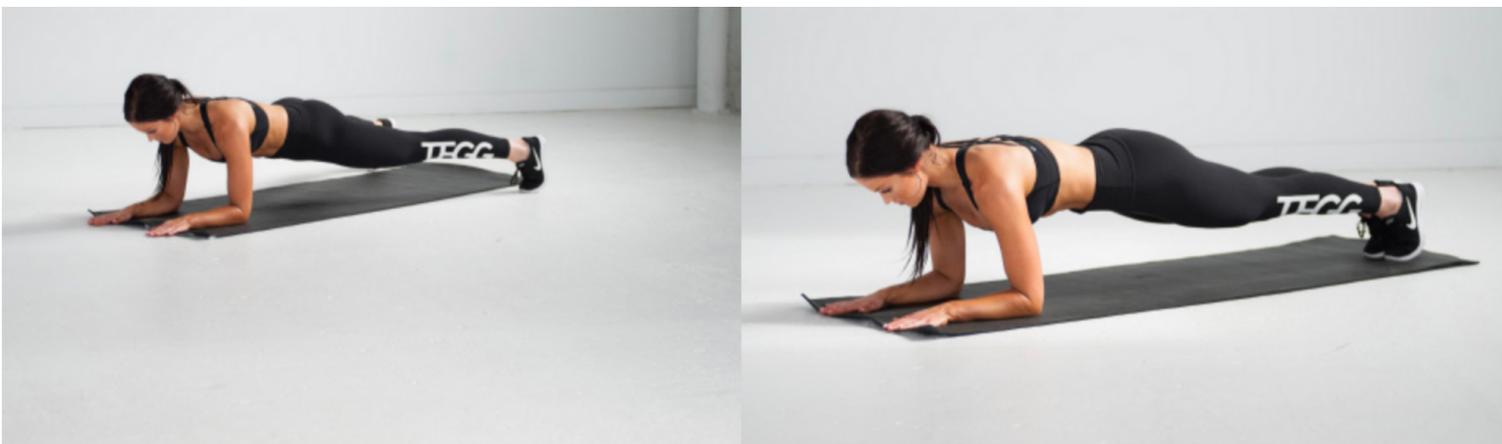
A. JUMP SQUATS X 20



B. FRONT EXTENSION HOLD X 45 SECONDS



C. PLANK JACKS X 45 SECONDS



Stretch

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- If you have time, complete the TFGG Full Body Flow.

Bodyweight Cardio

Your goal is to complete 5 rounds of the following circuit. It's going to be a sweaty one, but it'll be over before you know it. Rest for up to one minute between Rounds. Have fun!

High Knees x 45 seconds

Jumping Jacks x 45 seconds

Mountain Climbers x 45 seconds

Jump Squats x 10 reps

Bodyweight Squats x 45 seconds

Burpees x 6 reps

Rest x 45 seconds

Stretch

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Internal Fitness

In a dream world, we would wake up motivated as f*ck every single day of our lives. We would be fired up to kick ass in the gym, crush out every single work project to the best of our abilities, take on things that challenge us, and eat only the most nutritious foods because of how good they make us feel.

Let's get real though, motivation is one of the flakiest and unreliable things out there. If we were to sit around and wait for it to show up, we would never get anywhere or make any progress toward the things we care about. The key to getting stuff done no matter what? My favourite word in the world: CONSISTENCY.

When we create habits and practices that ensure we are working toward the things that we want in life, we no longer need to wait for a wave of motivation to make magic happen. It can be a lot easier said than done though, so let's break down the areas that can be the most positively affected in your life by implementing consistent habits.

Journal

WORKOUT CONSISTENCY:

- Have you been working out consistently for at least 6 months in a row?
- Answer yes or no.
- What does consistent training look like to you in a week? How many times a week do you think you can realistically train with your current schedule?
- What are the reasons you are giving yourself for not being consistent with your training? What is a habit that you can implement to ensure you hit a training frequency that makes you proud?

TIPS FOR WORKOUT CONSISTENCY:

1. Make workout dates with a friend
2. Schedule in your workout days/times in your planner at the beginning of each week
3. Train at the same time every day on weekdays. Get into the habit of being repetitive with your positive actions.

Internal Fitness

NUTRITION CONSISTENCY:

- Have you been eating in a way that gives you energy and makes you feel good for at least 6 months in a row? (ps. This doesn't mean eating perfectly, it just means prioritizing nutrient dense food and not eating straight junk for days on end).
- What are the reasons you give yourself for not being consistent with making healthy choices?
- When are the times that you have been better with eating healthy consistently? What are the factors that play into you making the choice to eat better or worse?

TIPS FOR NUTRITION CONSISTENCY:

1. Schedule in your planner time for you to grocery shop and meal prep at least once per week
2. Prepare protein and veggie sources in your fridge so that you can easily grab them and add things to them as you run out the door
3. Don't use every single meal out (dates/meetings/friend hangouts) as an automatic write-off to binge or over indulge. Almost every restaurant has healthier options that will leave you feeling really good
4. The most important tip (and I say it all the time) is to release guilt around eating. The more of your life that you waste feeling guilty for eating a dessert/junk food/anything, the more of your life that has been wasted and the more likely you are to continue to emotionally over indulge.

Internal Fitness

CAREER/EDUCATION CONSISTENCY:

- Have you been putting in time working toward your major goal(s) on a consistent basis? Write down how much time you spend on them each week.
- What are your major goals right now? Be honest with yourself: Are you procrastinating completing them?
- What are the excuses that you are giving yourself to not work toward the things that really matter to you?

TIPS FOR CAREER/EDUCATION CONSISTENCY:

1. Break down big goals into bite size steps. Make sure you prioritize tasks for each week to get you toward your big goal, and then assign daily tasks to help you crush the weekly ones.
2. Commit to doing small things each day and make yourself proud by completing them.
3. Stop avoiding the things that scare you.