

**TFGG**

*the fit girl gang*

**mama  
program**

**BLOCK**

**4**

**Weeks 7 & 8**

## 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

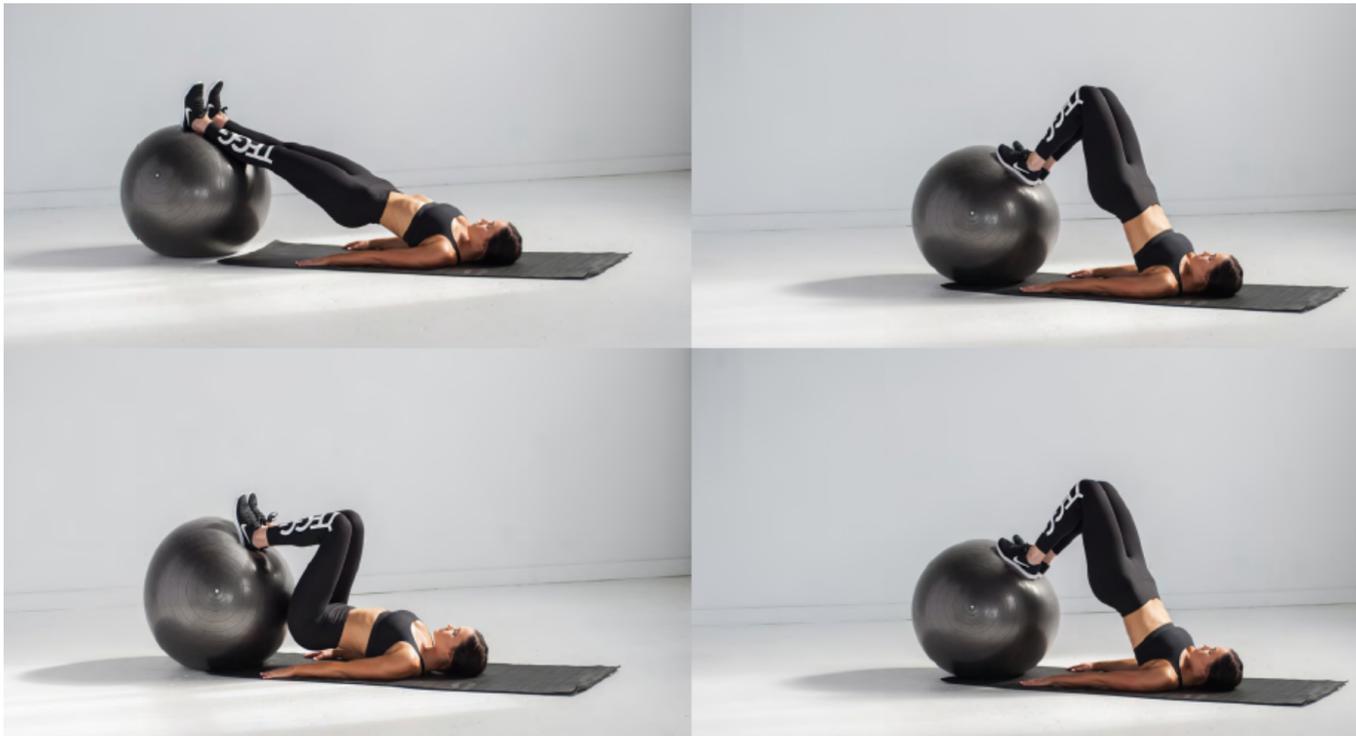
### A. TEMPO GOBLET SQUATS X 12



### B. JUMP SQUATS X 20



### C. HAMSTRING CURL TO BRIDGE X 12



### D. STABILITY BALL PLANK X 40 SECONDS



# Legs & Glutes

## Circuit no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. ELEVATED BODYWEIGHT SPLIT SQUATS X 15/LEG



### B. ELEVATED SPLIT SQUAT HOLD X 30 SECONDS/LEG



### C. SINGLE-LEG HIP THRUSTS X 12/LEG



## 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

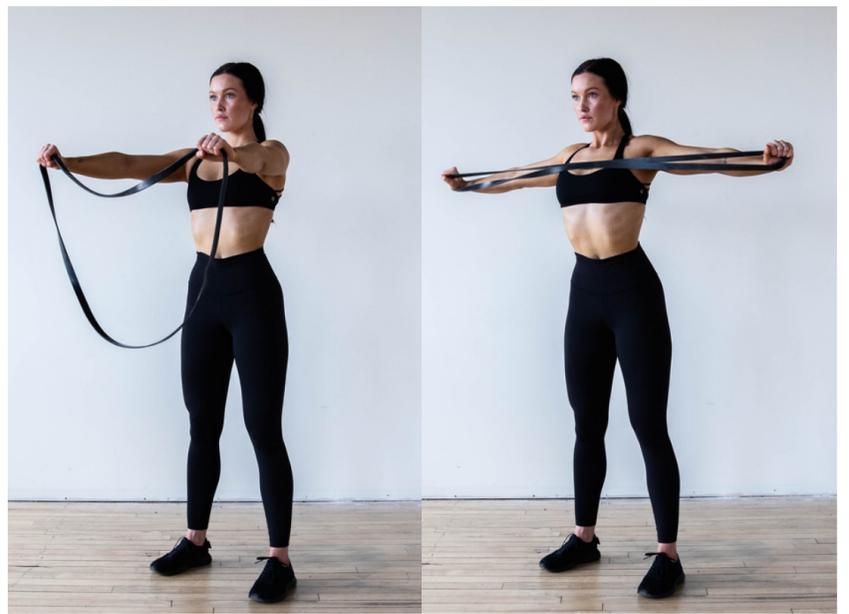
- Start with 5 minutes of moderate intensity cardio to elevate your heart rate and get your blood flowing. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.
- If you don't have access to any cardio equipment, jogging on the spot for 5 minutes works perfectly too!
- 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

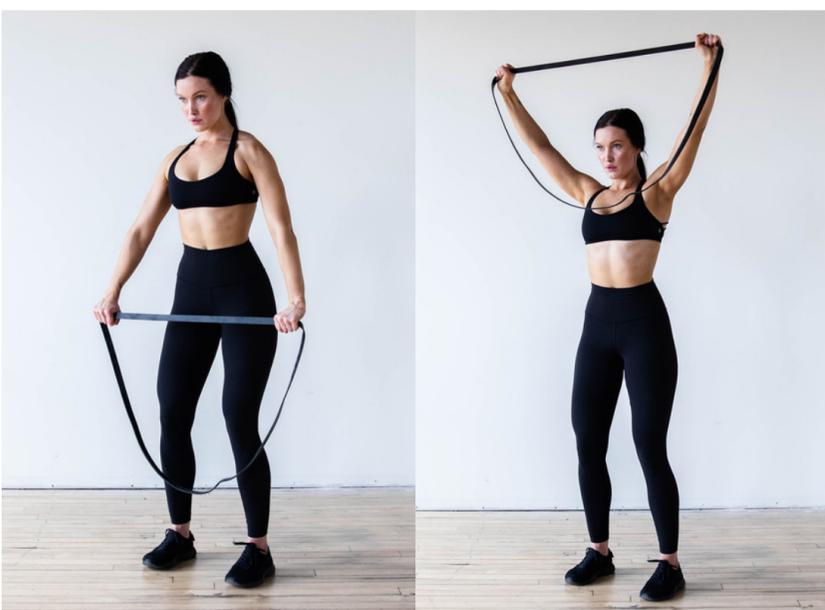
### 1. CHEST OPENER X 30 SECONDS/ SIDE



### 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

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. TRICEP PUSH-UPS X 10



### B. X HOLD X 45 SECONDS



### C. TILTED PLANK X 30 SECONDS



## Circuit no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. BENT OVER ROW X 12



### B. REVERSE FLY X 15



### C. PLANK UP DOWNS X 8/ARM



### D. MOUNTAIN CLIMBERS X 30 SECONDS



## Stretch

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## Warm Up

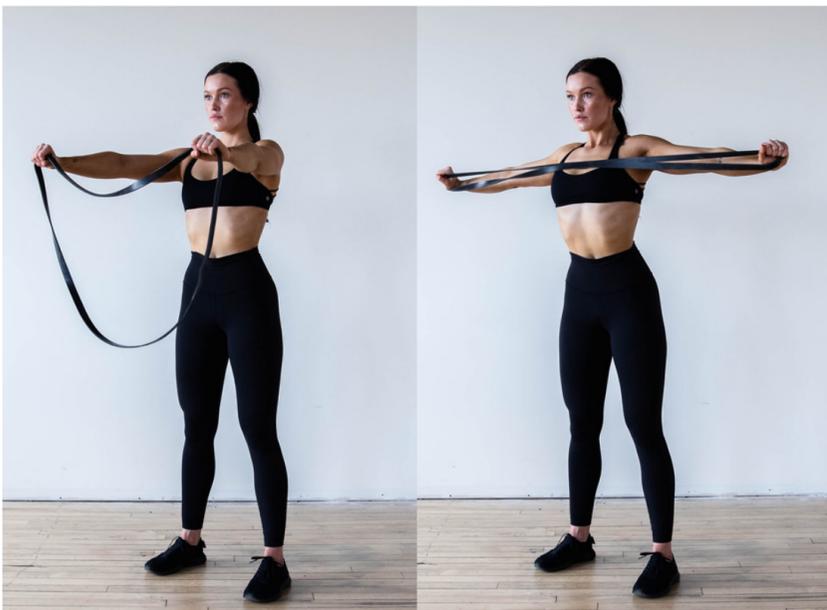
Start with 5 minutes of moderate intensity cardio to elevate your heart rate and get your blood flowing. This can be on the treadmill, track, stairs, bike, trail... It's completely up to you.

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 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 45 SECOND HOLD



## 6. BODYWEIGHT SQUATS X 12



# Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

## A. PUSH-UP HOLD TO FAIL X 4



### HOW TO DO IT:

- Set up in a push-up position with your feet glued together and your core braced. Lower down into a push-up with your elbows bent all the way to 90°
- Hold your body here AS LONG AS YOU POSSIBLY CAN. If your arms start to shake, you're doing it right.
- Repeat 4x total each round.

## B. JUMP LUNGES X 10/LEG



## C. V UPS X 15



## Circuit no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. FRONT EXTENSION SQUATS X 15



### B. WALKING LUNGES W/ PULSE X 15/LEG



### B. BEAR CRAWL X 60 SECONDS



## 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.

## 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**

**Skip Rope x 45 seconds**

**Mountain Climbers x 45 seconds**

**Jump Squats x 20 reps**

**Burpees x 8 reps**

**Rest x 45 seconds**

## Stretch

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## Goal Setting

Clear, straightforward, and impactful. That is what this Block's Goal Setting focus is all about. You've probably heard me talk by now about how important it is to build trust within ourselves; to believe ourselves when we say something in our mind that we are going to complete or achieve.

That becomes a really difficult process when we get caught up in grandiose claims and extremes. It becomes harder to trust the things we tell ourselves when we make claims like "I am never eating junk food ever again" or, "this is the last time I will ever fall off of my training program for the rest of my life." One of the cycles that contributes to this most is the Sunday binge resulting in the pressure of Monday perfection. As long as we continue to make this false (and often unhealthy) promises to ourselves, we are always going to be destined to let ourselves down. That means a very simple result: we no longer trust our own word.

Block Four is all about changing that. Over these next few weeks, we will be setting some of the simplest to execute goals possible, and showing yourself that you are capable of completing them!

### YOU READY?

1. What is ONE healthy habit that you can incorporate into every single day over the next two weeks? (Keep as simple as you can, because the most important things here is that you don't miss a day!)
2. What is ONE simple swap you can make regularly that will result in you taking a step closer to the version of yourself that you are working toward? (This can be anything from nutrition to sleep to any habit whatsoever).
3. Map out all of your workouts for the next week. Come back and check each one off as you complete it.
4. Manifest how you are going to feel at the end of these two weeks. Begin to embody and live in that energy right here, right now.