

TFGG

OG program

**Challenge
Week!**

TFGG



OG program welcome!

Welcome to the OG Program

TFGG OG is a strategic and challenging dumbbell-based 10-week program that is going to majorly level up your strength, endurance, and overall fitness level! You are going to learn to push past your comfort zone and show yourself what you are capable of both mentally and physically. Your TFGG coaches will be here to support you every step of the way.

Live Workouts

Please know that it is 100% up to you whether you take part in the Live Workouts or not! This free program is set up just like all of our other TFGG programs, with Coaching Videos for each exercise, so you can easily do these workouts on your own time! Our Live Schedule will guide you through 4 workouts each week with our incredibly talented coaches. These workouts will be saved on our Instagram @fitgirlgang as IGTV videos for you to do on your own time if the workouts don't work for your schedule but you still want to follow along and learn from us!

Please don't feel like you need to do all 5 workouts each week if that is too much for you. The goal is to find what is sustainable for you in the long run and work toward that! Getting in 2-3 workouts is something to be so proud of - working out it is never all or nothing.

Our commitment to you

Josée, Kwene, Olivia and I are going to lead you through the most powerful and effective workouts of your life! Our job is to coach you through each exercise and teach you how to perform it correctly with confidence. We will ensure that our workouts are timely, and go no longer than 1 hour long (you have shit to do and places to be!) and we will be here as a resource to try and answer whatever questions you have live as we train together. We will do our best to offer modifications and progressions of exercises, and challenge you to train to YOUR highest level - whatever that feels like.



OG program welcome!

Welcome to the OG Program

Expectations

This may not sound like a big deal, but it is absolutely essential that you have this PDF out in front of you in plain sight as we go through each workout together. There will be variations provided for every workout, and while we will be teaching them to you at the beginning of every circuit, we cannot be continuously explaining all training options at all times. Thank you for being thoughtful and helping us with this! It really makes it a better experience for everyone.

Recommended Equipment

- **Whatever Dumbbells and Kettlebells you have access to***
- **Glute Band**
- **Stability Ball (if you don't have one, there will be alternatives)**
- **Sliders (I use dish towels... these do not need to be fancy)**
- **Elevated Surface (this can be a couch, sturdy chair, box or bench)**

*When it comes to weights at home, of course the more you have, the easier it will be to get the most out of each movement! With that being said, you absolutely should not be blowing the bank on this. Start with whatever you have, and slowly add to your collection over time! Something you will notice in all of our TFGG Home Programs is that we always offer a rep-range for weight based movements. This allows you to choose the correct rep range to properly challenge yourself with whatever weights you have access to!

How it works

Block One encompasses all of your workouts for weeks one and two of this training program. We will complete all five workouts in week one (or whatever number of workouts is reasonable for YOU) and then repeat the same workouts in week two - levelling up the second time around!

You ready? Let's do this.



OG program legs & glutes

Warm Up

This should be any moderate intensity cardio that elevates your heart rate and gets your body warm! This can be done on any cardio equipment you like. If you don't have access to any cardio equipment, do a bodyweight warm up on the spot!

Bodyweight Warm-up Example:

- Bum Kicks x 60 seconds
- Skip x 60 seconds
- Jumping Jacks x 60 seconds
- Knee Drives x 30 seconds / leg
- Skaters x 60 seconds

Mobility

- Standing Quad Stretch x 30 seconds / side
- Forward Fold x 30 seconds
- Downward Dog x 30 seconds
- Lunge w/ Twist x 30 seconds / side

Movement Prep

- Donkey Kicks x 15/side
- Banded Glute Bridge x 12 reps
- Banded Bodyweight Squat x 12 reps
- Bodyweight Hinge x 12 reps

Note: Most but not all of your Movement Prep is included in your Coaching Video Reference. A full breakdown of each movement prep exercise will be taught in our live workouts.



OG program legs & glutes

1000 Rep Challenge

We are going to be taking on the following challenge together, one exercise at a time! This is (as you can clearly see) a VERY high rep workout, so we will be focusing on lifting lighter weight with a higher and faster intensity.

Please feel free to break down the following into sets however you prefer. ie 100 Squats can be done as 2 sets x 50 reps or 4 sets x 25 reps... you decide!

No matter how you choose to take this on: FORM > EGO let's get it team!

Banded Squat x 100 reps

Banded Hip Thrust x 100 reps

Reverse Lunge x 50 reps / leg

Banded Lateral Walk x 100 steps

Sumo Squat x 100 reps

Wall Sit Pulses x 100 reps

Banded Lateral Taps x 50 reps / leg

Split Squat x 50 reps / leg

Clamshells x 50 reps / leg

Donkey Kick Pulses x 50 reps / leg

Warm Up

This should be any moderate intensity cardio that elevates your heart rate and gets your body warm! This can be done on any cardio equipment you like. If you don't have access to any cardio equipment, do a bodyweight warm up on the spot!

Bodyweight Warm-up Example:

- Bum Kicks x 60 seconds
- Skip x 60 seconds
- Jumping Jacks x 60 seconds
- Knee Drives x 30 seconds / leg
- Skaters x 60 seconds

Mobility

- Standing Quad Stretch x 30 seconds / side
- Downward Dog x 30 seconds
- Lunge w/ Twist x 30 seconds / side
- Cosack Squat x 30 seconds
- Wall Calf Stretch x 30 seconds / side
- Wall Leg Swing x 30 seconds / side

Movement Prep

- Bodyweight Squat Thrusters x 12 reps
- Glute Bridge March x 10 reps / leg
- Walk out to Plank x 8 reps
- Knee Circles x 12 reps / leg

Note: Most but not all of your Movement Prep is included in your Coaching Video Reference. A full breakdown of each movement prep exercise will be taught in our live workouts.



OG program met con

EMOM Challenge

***EMOM = Every Minute On The Minute**

This is going to be the ultimate Met Con Challenge, and I can't wait to take you through it! We will be taking on 4 x EMOM circuits for 6 minutes each. That means a total of 24 minutes of hardcore Met Con training to finish off this program!

How it works: the timer starts, and we complete exercise A for the listed number of reps. There will be modifications offered for all fitness levels! Once you've completed the given reps of A, you'll move immediately into exercise B until the minute is up. As soon as the minute ends, we repeat - every minute on the minute, until our 6 minute circuit is finished! LFG Team!

EMOM no. 1

Complete 6 rounds with no rest

A. Burpees x 6 reps

B. V Sit w/ Punches x end of minute

EMOM no. 2

Complete 6 rounds with no rest

A. Jump Lunge w/ Twist x 12 reps

B. Slider Tuck to Pike x end of minute

EMOM no. 3

Complete 6 rounds with no rest

A. Frog Jumps x 10 reps

B. High Knee Skip x end of minute

EMOM no. 4

Complete 6 rounds with no rest

A. Jumping Jack to Tuck Jump x 12 reps

B. Tabletop to Plank x end of minute



OG program upper & core

Warm Up

This should be any moderate intensity cardio that elevates your heart rate and gets your body warm! This can be done on any cardio equipment you like. If you don't have access to any cardio equipment, do a bodyweight warm up on the spot!

Bodyweight Warm-up Example:

- Bum Kicks x 60 seconds
- Skip x 60 seconds
- Jumping Jacks x 60 seconds
- Knee Drives x 30 seconds / leg
- Skaters x 60 seconds

Mobility

- Shoulder Circles x 15 seconds / direction
- Rainbow Reach x 30 seconds
- Chest Opener x 30 seconds
- Overhead Tricep Stretch x 15 seconds / side
- Tabletop Thoracic Rotation x 30 seconds / side

Movement Prep

- Band Pull Aparts x 12 reps
- Walk out to Push-up x 6 reps
- Bodyweight Reverse Fly x 12 reps
- Tabletop x 45 second hold

Note: Most but not all of your Movement Prep is included in your Coaching Video Reference. A full breakdown of each movement prep exercise will be taught in our live workouts.



OG program upper & core

1000 Rep Challenge

We are going to be taking on the following challenge together, one exercise at a time! This is (as you can clearly see) a VERY high rep workout, so we will be focusing on lifting lighter weight with a higher and faster intensity.

Please feel free to break down the following into sets however you prefer. ie 50 Squats can be done as 2 sets x 25 reps or 5 sets x 10 reps... you decide!

No matter how you choose to take this on: FORM > EGO let's get it team!

Push-ups x 50 reps

Bent Over Row x 50 reps

Tabletop Knee Taps x 50 reps

Overhead Press x 50 reps

Upright Row x 50 reps

Front Raise Pulses x 50 reps

Lateral Raise Pulses x 50 reps

Hinged Tricep Extension x 50 reps

Russian Twist x 100 reps

Jumping Jacks x 3 minutes (approximately 250 reps)

Overhead Bum Kicks x 3 minutes (approximately 250 reps)



OG program full body

Warm Up

This should be any moderate intensity cardio that elevates your heart rate and gets your body warm! This can be done on any cardio equipment you like. If you don't have access to any cardio equipment, do a bodyweight warm up on the spot!

Bodyweight Warm-up Example:

- Bum Kicks x 60 seconds
- Skip x 60 seconds
- Jumping Jacks x 60 seconds
- Knee Drives x 30 seconds / leg
- Skaters x 60 seconds

Mobility

- Rainbow Reach x 30 seconds
- Forward Fold x 30 seconds
- Downward Dog x 30 seconds
- Child's Pose Reach x 15 seconds / side
- World's Greatest Stretch x 60 seconds

Movement Prep

- Banded Pull Aparts x 12 reps
- Bodyweight Walking Lunges x 12 reps / leg
- Banded Bodyweight Hip Thrust x 15 reps
- Plank x 45 seconds

Note: Most but not all of your Movement Prep is included in your Coaching Video Reference. A full breakdown of each movement prep exercise will be taught in our live workouts.



OG program full body

AMRAP Challenge

***AMRAP = As Many Rounds As Possible**

Our final circuit of the series! We are going to be taking on this Full Body Strength Circuit together, and challenging ourselves to see how many rounds of it we can complete in 30 minutes (with perfect form!)

How it works: the timer will be set for 30 minutes, and we will start the circuit together. Your job is to push yourself to complete as many rounds as you can of this circuit before the time runs out. The focus here is to really go hard (whatever that looks like for you) and take minimal breaks, while maintaining correct form the entire time. Make sure to track how many rounds to complete in case you decide to test again in the future! Have fun!

Full Body AMRAP Circuit

Complete as many rounds as you can in 30 minutes

- A. Overhead Split Squat x 12 reps / leg**
- B. Tabletop with Reach x 12 reps**
- C. Lateral Stability Step Up x 12 reps / leg**
- D. Tricep Push-up to Superman x 12 reps**
- E. Banded Hip Thrust with Pulse Out x 12 reps**