

Okay, so what is TFGG Perform?

What is an athlete? It's a human being who moves with grace, strength, speed, and agility. It's someone who knows that the hard work will pay off, and that there's no easy pathway that leads to success. It's someone who believes in teamwork, empowerment, and heart. An athlete knows that their body was intended for more than just to look pretty, it was created to perform. You are an athlete babe.

This program was designed to combine all of the components that we have previously worked for. It will require strength, speed, power, and a ton of balance.

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, jumps, and complex exercises 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 3 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 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 PERFORM 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.

An important reminder:

As you know better than anyone, the workouts in your TFGG training programs have become increasingly more challenging in many ways. One thing I want to make sure you are paying attention to as your training progresses, is truly taking care of your body.

What do I mean by that? I mean listening to it and going it what it needs! If something hurts (not in a good way) don't just try to "tough it out". That is only going to come back around to bite you in the ass later. I want you to take all pain seriously. Modify as you need to, and make sure you ACTUALLY go see a professional to have anything that persists looked at.

I know how tempting it can be to push your limits and want to go harder and harder, but sometimes we need to stop and recognize when we are doing more harm than good. So please, train hard, but with equal intensity, focus on your bodies long term well-being and longevity.

Love you guys! Hope you all enjoy Perform Block 5!

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 get it done. 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. Bodyweight Squats x 12

D. 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.

E. Bodyweight Hip Thrusts x 12

F. Bodyweight Single-leg RDLs x 12/leg

Back Squats

- These are going to be banded to allow us to continue to strengthen our Glute Medius as we squat as well as force us to drive the band apart to avoid any knee valves (caving).
- Make sure to do all warm-up sets necessary before beginning your first set of 10 reps

Sets: 10 reps / 8 reps / 6 reps / 8 reps / 10 reps

- We are going to be increasing the weight of our sets until we reach 6 reps, and then decreasing it to increase our reps once we get there.
- Make sure to keep track of the weights used in each set!
- Here is an example of what this might look like: 10 @ 105lbs / 8 @ 115 lbs / 6 @ 135 lbs / 8 @ 115 lbs / 10 @ 105lbs (obviously this is just an example, so select weight according to what you have been training with through the previous Blocks of TFGG Perform!)

Legs and Glutes

Superset

- Complete 3 rounds
- Challenge: Do 4 rounds
- Rest x 60 seconds between rounds

Plank x 30 sec

This is not intended to challenge you, but to cue your body to brace your core hard throughout both deadlift variations. Make sure to do it before each round.

A. Deadlifts x 10

Focus on the glute and core lock out at the top of the movement.

B. Sumo Deadlifts x 10

Focus on the glute and core lock out at the top of the movement.

It can be quite taxing doing these two exercise variations back to back, so PLEASE make sure you are protecting your lower back by bracing your core the whole time and not thrusting your hips forward at the top of the movement.

Circuit

- Complete 2 rounds
- no rest between rounds

A. Single-leg RDLs x 15/leg

Hold a DB in each hand, and focus on keeping your hips square to the ground. For an extra challenge, don't let your foot touch the ground each time you stand up.

B. Double Elevated Single-leg Thrusts x 15/leg

C. Elevated Split Squat Jumps x 20/leg

This circuit is paired! Do all reps of each exercise on one side before switching to the next.

Finisher

- Complete 2 rounds
- rest x 30 sec between rounds

A. Barbell only Speed Squats x 60 sec

B. Jump Lunges x 60 sec

Stretch

Spend at least 5 minutes post-workout 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. 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-ups

You are going to complete as many reps as you can at each of the following resistances on the pull-up machine. Keep track of how many reps you can do at each:

- 1. Free Pull-ups (ie. no resistance at all)**
- 2. 5lbs**
- 3. 10lbs**
- 4. 20lbs**
- 5. 30lbs**
- 6. 40lbs**
- 7. 50lbs**

Once you are done, go back to whatever set you got approximately 5 reps and do 3 more sets at that resistance.

Push-ups

You are going to complete as many reps as you can with each of the following weights on your back and glutes. Use plates with each resistance! Keep track of how many reps you can do at each:

1. 45lbs
2. 35lbs
3. 25lbs
4. 10lbs
5. Free Push-ups (with no weight on you at all)

Once you are done, go back to whatever set you got approximately 8 reps and do 3 more sets at that resistance.

Circuit no. 1 - Pull

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Inverse Row x 15

Set up the barbell as low as you can, really push yourself here!

B. Bent Over Barbell Row x 8

Go heavy here you guys

C. Single-leg Stability Ball Knee Tucks x 10/leg

Circuit no. 2 - Push

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Elevated Spiderman Push-ups x 8/side

16 push-ups total

Makes sure to pause with your leg up for 2 full counts each rep.

B. Barbell Overhead Press x 8

Go heavy here you guys

C. V-sit w. X-hold x 60 sec

Stretch

Spend at least 5 minutes post-workout 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.

Met Con Cardio

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. Glute Bridges x 12

1 Mile Run

How it works:

It's pretty straight forward babe, your goal is to hit a new PR mile time. Good luck!!!

Circuit no. 1

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. Up and Overs x 90 seconds

B. Explosive Push-ups - play time

Okay, it's time to learn a new trick! We weren't doing those super heavy resistance push-ups to build up your strength for nothing:)

Set yourself up on a mat with a little bit of thickness, the last thing I want is for you to put too much pressure on your wrists. Speaking of that, if you are someone with wrist pain, this is not the exercise for you (it's just not worth it).

Swap these out for Squat Thrusters instead.

Start in a kneeling push-up position. Lower down, and on your way up, come up with as much power as you can, lifting your hands up off the ground. Keep playing around with this until you get the hang of it! If it feels like you're ready, move on to full push-ups. Have fun being a badass and send me your vids!

C. Tilted Plank x 60 seconds

Met Con Cardio

Circuit no. 2

- Complete 2 rounds
- Rest x 45 seconds between rounds

A. Bench Hops x 60 seconds

We're bringing back an oldie but a goodie here (do people say that in real life?). Anyways, do these as you always have but really try to up your speed and push through as many as you can in a minute without stopping.

B. Burpees x 60 seconds

C. Battle Ropes x 60 seconds

1 Mile Run

Yep, again.

I know you're tired and you've pushed through a lot, but I also know how strong you are for pushing through to your final Block of TFGG Perform. You didn't get here without putting in some fucking serious work.

Your goal is to get within one minute of the time you got for your mile at the beginning of this workout. Have fun!!!

Stretch

Spend at least 5 minutes post-workout 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.

Thoughtful Thursday

If there is one concept that I have been obsessed with lately, it's living for OURSELVES.

What do I mean by that? So often it's easy to get caught up in living to meet the expectations of others. I feel like pleasing our peers, parents, and partners is such an ingrained part of our culture that we barely even realize how deeply it affects the choices we make. Today we are going to start to change that.

Journal

- When was the last time I spent time worrying about someone in my life judging me for a decision I was making? Make sure to write down the decision and the person who's judgement you feared.
- Why do I think it is so important to please the people in my life, over making decisions that will fulfill me long term?
- What are some choices that I would make right now if I were no longer afraid of what others would think of me?
- How do I want to feel as a 93 year old woman looking back on my life?

Explosive Legs

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. Hip Openers x 12
- B. Lunge w/ Reach x 6/side
- C. Downward Dog (focus on stretching out your calves)
- D. Bodyweight Squats x 20
- E. Single-leg glute bridges x 10/leg

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Box Jump @ max height Work-Up

Remember when you tested your max in Perform Block 3? I want you to work your way up to that height and see if you can push past it during the first round of this circuit. Once you've established your max (it might be the same as before and that's okay!) I want you to complete 8 Box Jumps within 2" of that height each round of this circuit.

B. Single-Leg Skipping x 60 seconds/leg

C. Banded Golden Arches x 20

Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Banded Goblet Squat Pyramid x 8/10/12

Start heavy and decrease the weight with each set. Complete all 3 sets each round of the circuit.

B. Bounding x 40

C. Single-leg Hamstring Curls x fail

Make sure to begin on your non-dominant leg and then match the number of reps you get on the other side.

Explosive Legs

Combo no. 1

Banded Lateral Walk with Jump Squats

Place a band above your knees (and another one on your ankles if you're feeling like really going for it) and set up into your lateral walks. You are going to take 3 steps, and then perform 1 Jump Squat.

Keep going for 4 minutes, only taking mini breaks when you absolutely need them!

Combo no. 2

Stair Climb into Sumo Squat Hold

Get on the StairMaster and climb at level 15 for as long as you can. Remember the Golden Rule: the handles are on FIRE, don't touch!

Once you can't go any longer, carefully step off of the machine and get into a Sumo Squat Hold. Hold for as long as you can!

Keep track of both numbers, you only have to do this once.

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.

Experiment Day

Time to see what our legs & lungs are made of.

The Climb

- Did you just hear Miley's voice yelling at you ready that to yourself? No, me neither.
- Okay, so here's the deal! Today we are going to see how far we can challenge our legs to go at the stairs. We are going to be incrementally adding speed to our starting point, and testing how long we can absolutely keep going for.
- As you can see, for the first time I have been giving a few set speeds during this Round. That is because having taken our training this far, I am working under the assumption that we are all at a certain performance capability. If the speeds that are set below are slightly too easy or too hard, please feel free to adjust slightly as needed.
- You will perform 1 minute on each of the following speeds. There is no rest, and you are never allowed to hold on to the handles. As soon as you reach the end of a minute, up the StairMaster by one level.

9 / 10 / 11 / 12 / 13 / 14 / 15 / 16 / 17 / 18 / 19 / 20

- So you are going to begin with your first minute at level 9 and then keep going for as long as you can!
- Once you can't go any longer, stop the machine and keep track of the level & time you made it to.
- **You are going to repeat this a second time.**

The Run

- Okay, so we are about to take that same challenge and emulate it as we run uphill.
- Like with the climb, I am working under the assumption that we are all at a certain performance capability. If the speeds that are set below are slightly too easy or too hard, please feel free to adjust slightly as needed.
- You will perform 1 minute on each of the following speeds. There is no rest, and you are never allowed to hold on to the handles. As soon as you reach the end of a minute, up the Treadmill to the next speed.

Incline: 15% the entire time

Speed: 3.5MPH / 4.0 / 4.5 / 5.0 / 5.5 / 6.0 / 6.5 / 7.0 / 7.5

- So you are going to begin with your first minute at 3.5MPH and then keep going for as long as you can!
- Once you can't go any longer, stop the machine and keep track of the level & time you made it to.
- **You are going to repeat this a second time.**

The Ultimate Self-Care Sunday

It's time to TREAT YOURSELF... seriously.

- Self Care Sunday has always been a component of The Fit Girl Gang, but we want you to use today as a full blown thank you to yourself for everything you have done in this past year.
- Throughout EVERY Round of TFGG you have completed, you have worked on bettering yourself mentally, physically, spiritually, and emotionally... and that's a pretty damn big deal.
- Today is about doing something to give yourself a little thank you for that. It's a big self-love hug if you will. The idea is to spend as much of this day as you can in Block Five showing yourself love, but even if you don't have time to pamper or relax all day (I know how busy you are) I want you to repeat the following mantra all day no matter what you are doing:

I am proud of the woman I am, I love the woman I am.

The following is a list of super fun self-care activities we love to give you a little inspo! Yes, some cost a little extra cash, but you don't need to shell out if you're tight on a budget because there are seriously SO many ways to show yourself love.

- **A new pair of Lulus**
- **A massage (this can be from a pro or your BFF or partner)**
- **Face Masks (we love a Sheet Mask Sunday, you know?)**
- **Manicure (DIY or professional)**
- **Your favourite dessert or meal**
- **Time spent doing any activity you love but "never have time for"**
- **Reading a book that inspires you**
- **Watching your fave movie (Hi @LoveActually)**
- **A hangout with your TFGG babes**