

## 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 4!

## **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

Focus on the squeeze at the top. This is really important to properly activate your glutes before beginning your first set.

## Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

The intention of this circuit is to move from heavy, slow, controlled reps, to faster, more high intensity burnout reps. Focus on protecting your spine through all reps heavy and light!

### A. Banded Pause Barbell Squats x 8

At the bottom of each squat, pause for 2 full counts before driving back up to standing with as much power as you can. Make sure to keep fighting the band by driving your knees out.

### B. Banded Jump Squats x 25

Focus on getting max height with each jump

### C. Banded Pause Hip Thrusts x 12

At the top of each thrust, pause for 3 full counts before lowering your hips down. Make sure to keep fighting the band by driving your knees out.

### D. Banded Bodyweight Hip Thrusts x 25

# Legs and Glutes

## Circuit no. 2

- Complete 3 rounds
- Rest x 60 seconds between rounds

### A. Sumo Deadlifts x 10

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

### B. Double Banded Lateral Walks x 15/direction

Place one band above your knees and one above your ankles. Focus on driving apart your knees as hard as you can. Your ankles should never be further apart than your knees are.

### C. Banded Bounding x 30

These are with one band only! I'm fairly sure it would be impossible to do double banded, but just wanted to clarify. Take the lower band off before beginning.

## Circuit no. 3

- Complete 2 rounds
- Rest x 60 seconds between rounds

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

### A. Single-leg RDLs x 12/leg

If you have the bodyweight version down, you now have the option to add weight by holding a dumbbell in each hand.

### B. Lateral Squats x 15/leg

- Holding a DB in each hand at shoulder height, get into a wide leg stance with both legs straight and toes slightly pointed out.
- Sending your hips back as far as you can, lower down into a squat over one leg

### C. Single-leg Hamstring Curls x 12/leg

## 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.

## 13 minutes x 3 circuits

Today's workout is pretty straightforward (and super hardcore lol shocker, I know). For each circuit you complete, you are going to get in as many rounds as you can in 13 minutes.

Set your timer at the beginning of each circuit and go! Make sure you have all of the equipment you need set up and ready first. You can take whatever breaks you need, but try to keep them as short as possible. Keep track of how many rounds you get in in 13 minutes, as well as whatever weights you use.

Oh, and the final twist: The goal here is to maintain the same weight & resistance throughout every round of a circuit. So if you start with a weight, try and maintain it the whole time.

## Circuit no. 1

- Max rounds in 13 minutes

- A. Pull-ups x 8**
- B. Weighted Push-ups x 8**
- C. V-sits x 20**

## Circuit no. 2

- Max rounds in 13 minutes

### **A. Single-arm Bent Over Row w. Iso Hold x 6/arm**

Set up in a hinged bent over row position holding a DB in each hand.

Pull your right arm back into a row, and leave it there! You are going to hold it in an isolated position while your left arm performs 6 rows

So one arm holds the weight in a row while the other arm actually does the moving rows!

Repeat this on the other side without putting the weights down.

- B. Tricep Push-ups w. feet elevated x 6**
- C. Tilted Plank x 40 seconds**

## Circuit no. 3

- Max rounds in 13 minutes

### **A. Seated Cable Row (narrow grip) x 12**

Make sure to keep your body tall, and squeeze your shoulder blades tightly together with each rep. The weight should not tap down on the stack between reps.

- B. Triangle Push-ups x 10**
- C. V-sit w. Dumbbell Punches x 20/arm**

## 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

## Run + Train (uphill edition)

**How it works:** Add a little bit of body text

As you can see, this is a (semi-evil) upgrade from what we did in Block One.

You are going to need a treadmill, a little space beside it to train, and one set of dumbbells. There is no other equipment needed for this workout!

Set the treadmill to MAX incline (15%) and choose a pace that will be difficult and challenging to run at for 60 seconds, but is not your all out max

**60 seconds: Run uphill!**

**45 seconds: Do as many reps as you can of the listed exercise!**

**45 seconds: Rest and get ready for the next round.**

You are going to go through the entire list two times! This means you will do a total of 16 minutes of uphill running and 12 minutes of Met Con training.

- A. Jump Lunges
- B. Spiderman Planks
- C. Squat Thrusters
- D. Oblique V-sits (right side)
- E. Oblique V-sits (left side)
- F. Sumo squat hold
- G. 90' Push-up Iso hold
- H. Mountain Climbers

## 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**

## The 1,000 Rep Workout

Okay, so here's the deal: you can actually think of today as a joint Explosive Legs Workout + Experiment Day. Remember that high-rep leg workout from Block 3? Well that was preparation for something I've always wanted to experiment with. What would it feel like to do a 1,000 rep lower body workout? I guess today we are all going to find out.

When selecting your weights for today, do so keeping in mind we are going for a LOT of reps! That doesn't mean you have to go weight-free, but go lighter than you would for a regular session. Also know that you can always lower your weights as you go if need be.

Have fun!

XX

Jo

# Explosive Legs

## Let's do this.

Note: how you break up the reps into sets is up to you, but for this workout you are required to **COMPLETE** all reps of one exercise before moving on to the next. You can take breaks, but go right back into that exercise until all reps are done.

- A. Box Jumps x 50
- B. Banded Squats x 100
- C. Single-leg Hip Thrusts x 75/leg
- D. Overhead Walking Lunges x 75/leg
- E. Banded Monster Walks x 50/leg
- F. Golden Arches x 100
- G. Lying Leg lifts x 100/leg
- H. Donkey Kicks x 75/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.

# Experiment Day

Well, today is BY FAR the most experimental day yet. Why? Because you are going to train with another human in your life. Here's the plan: Choose someone in your life who loves to workout, has been asking you to bring them along, is nervous but you know they can do it, or just someone you know you will have fun with! Your goal isn't to go all "trainer" on their ass and point out what they need to fix the whole time, it's to gently coach them as you train alongside them. Yes, you are a motherfucking badass on TFGG Perform Block 4, but you will need to check your ego a little because today is all about them and all about you.

## Game Plan:

- Choose the TFGG workout ahead of time that you are going to take your training partner through! This can literally be any workout from any program, just know that you will both have to modify it differently according to your needs.
- Hype them up about their workout when you get there and make sure they know that today will be a challenge, but mostly that you're both there to have fun and spend quality time together.
- Take them through a full TFGG warmup and Movement Prep. Make sure to annoyingly remind them at least 7x how important it is for them to do this when they train on their own (the same way I annoy you about it!)
- As you get into the workout, demo all exercises in a circuit for them before you begin the circuit. Ask if they have any questions and let them know that they should start light when it comes to weight and pay attention to how their body feels.
- Try your best to encourage them as you guys go through it! It's up to you if you want to go a little lighter or slower today to help ease them into things.
- After the workout as you stretch, make sure they know how proud you are of them for showing up. Remember, we ALL have to start somewhere and no matter what their performance was today, you should both be so proud.

## Disclaimer:

You are (likely) not a certified coach, so even though I want you to show them good form, I don't want you to pretend to have all the answers! Even coaches don't have all the answers, believe me! If your person doesn't feel safe doing something, or say something hurts (not in a good way) make sure they are listening to their body and always suggest that they speak to a professional for help.

# Goal Setting

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!