

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.

TFGG Perform: Fitness Testing

As you will soon see, this entire Block is focused on the concept of Fitness Testing. We are going to be benchmarking your capacity and performance of a TON of core exercises! I know this can be intimidating, but it's so important to see where you are at. This is going to allow you to see massive progress in certain areas, as well as the areas in your fitness that you might want to spend more time improving.

Read all of the instructions carefully, and make sure that you first and foremost listen to your body.

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.

Today we are testing:

Back Squats

Deadlifts

Goblet Squats

Hip Thrusts

How this works: For each exercise that you test today, you are going to begin by performing a minimum of 2 warm-up sets before testing your max. The weight should get increasingly heavy, and by the third set, you should be testing your max.

Nothing matters more than safety (always, but especially when testing your max). You need to make sure your form is PERFECT and that nothing feels "off" or unsafe. You are going to select your weights based on what to have used in the past, not at random! If something feel like it is too much, STOP. It can be easy to lift with your ego while testing maxes, but we know better than that by now, right? Let's do this.

Legs and Glutes

Back Squats x 10

- Complete a minimum of 2 sets working up to your 10 rep max weight.
- Plan the weight you will be testing ahead of time based on your weights from the last 4 weeks.
- If you test your max and feel it was too easy you can absolutely rest, up the weight slightly and test again!
- If the weight is too heavy to complete all 10 reps, record the number of reps you get at that weight for reference, lower the weight, and try again.

Deadlifts x 10

- Complete a minimum of 2 sets working up to your 10 rep max weight.
- Protect your spine above all else!!! Brace your core and keep your spine neutral. No rounding or arching your back what so ever babe.
- Plan the weight you will be testing ahead of time based on your weights from the last 4 weeks.
- If you test your max and feel it was too easy you can absolutely rest, up the weight slightly and test again!
- If the weight is too heavy to complete all 10 reps, record the number of reps you get at that weight for reference, lower the weight, and try again.

Goblet Squats x 20

- Complete a minimum of 1 sets working up to your 20 rep max weight.
- If you test your max and feel it was too easy you can absolutely rest, up the weight slightly and test again!
- If the weight is too heavy to complete all 20 reps, record the number of reps you get at that weight for reference, lower the weight, and try again.
- For these ones, speed is your friend! Drive up with power every rep, and push hard to get all 20 reps in.

Hip Thrusts x 15

- Complete a minimum of 2 sets working up to your 15 rep max weight.
- Plan the weight you will be testing ahead of time based on your weights from the last 4 weeks.
- If you test your max and feel it was too easy you can absolutely rest, up the weight slightly and test again!
- If the weight is too heavy to complete all 15 reps, record the number of reps you get at that weight for reference, lower the weight, and try again.
- Make sure to brace your core and keep your spine straight as you drive your hips up! No flaring your ribs or arching your back, okay?

Legs and Glutes

Circuit no. 1

- Complete 4 rounds
- Rest x 45 seconds between rounds

This circuit is paired! That means you are going to do all reps of all 3 exercises on one leg, and then switch to the next. There is no rest between sets because while one side is working, the other gets a rest.

A. Staggered RDLs x 12/leg

B. Bodyweight Single-leg RDLs x 15/leg

C. Elevated Split Squat pulses 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.

Today we are testing:

Pull-ups

Push-ups

Bent-over row

Overhead press

Plank

X-hold

How this works: For the bodyweight and max rep work that you are doing today, you want to make sure you are properly warmed up, but do not burn yourself out either. Do one warm up set with perfect form for as many reps as you feel you need before performing each Max Rep test.

If you complete your max and feel that you think you could have done more reps, feel free to test again! However, you should know that your first time doing it is the most likely to reach your true max.

Pull-ups

A. 1 Rep Max

- Record either the band or machine weight required for the absolute single best pull-up you can do

B. 5 Rep Max

- Record either the band or machine weight required for 5 reps (you should not be able to do a 6th at this resistance, unless you are already on free bodyweight pull-ups)

C. 10 Rep Max

- Record either the band or machine weight required for 10 reps (you should not be able to do an 11th at this resistance, unless you are already on free bodyweight pull-ups)

NOTE: If you are at a place where you can do 5+ free bodyweight pull-ups (ie. with no help from a machine or band at all) CONGRATS YOU STRONG WOMAN! You can ignore the above testing altogether. All you need to do is test your MAX number of pull-ups (this is done the same way we test push-ups, so it's just the absolute most you can do in a row! Make sure to record that number.)

Push-ups x Max Reps

- Just as we have before, record the number of perfect push-ups you can do from your toes, then drop to your knees and record the number of push-ups you can do from there.
- Make sure to refer back to your old numbers and try to kick their ass.

Bent-over Row x Max Reps

- Set yourself up holding a barbell. Make sure that this is a standard 45lb barbell (which all gyms should have). You will not add any weight to the barbell.
- With perfect form, you are going to complete AS MANY barbell rows as you can! Record that number.

Overhead Press x Max Reps

- Set yourself up holding a barbell. Make sure that this is a standard 45lb barbell (which all gyms should have). You will not add any weight to the barbell.
- With perfect form, you are going to complete AS MANY barbell overhead press as you can! Record that number.

Plank x failure

- Prepare for the best plank of your life... I'm serious. Set yourself up in an elbow plank with PERFECT form.
- You are going to brace and hold here for as long as you can! No cheating or trying to make it easy for yourself, form needs to be PERFECT. Hold as long as you can and record that time!!!

X-hold x failure

- You are going to use 7.5lb weights for this one. I know, normally in TFGG we never advise what weight to choose, but we are setting this up so that it is a perfect benchmark you can always check your progress against.
- Set yourself up in the strongest X-hold you can, and hold it for as long as you can.

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Single-leg Stability Ball Knee Tucks x 8/leg

B. Tricep Push-Ups w/ feet elevated x 8

- We are advancing your tricep push-ups today! If placing your feet on a bench isn't something you're ready for just yet, elevated them just slightly off the ground by using a riser or small platform.

C. Heavy Russian Twist x 20/side

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 should be on the treadmill or track today, because we're sprinting.
- 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

Today we are testing: Sprints

How fast can you run?

- Today we are testing your speed! How fast can you go all out for 45 seconds?
- You will set yourself up on a track, outside, or on a treadmill, and go HARD for 45 seconds. After this, you have 45 seconds total recovery.
- Continue to repeat this until you have done a total of 8 rounds.

Today we are testing: Burpees

How many can you do in 5 minutes?

- Today we are going to find exactly that out.
- Set your timer for 5 minutes and begin. These are going to be perfect TFGG burpees. That means hitting a flat plank at the bottom each time, and exploding up with your arms overhead at the top.
- You can obviously rest as often as you need, the goal is just to get in as many good reps as you can in 5 minutes. Yes this is exhausting, but yes you are ready for it.

Circuit no. 1

- A. Squat Thrusters x 45 seconds
- B. Battle Ropes x 45 seconds
- C. Mountain Climbers x 45 seconds

- Complete 3 rounds
- Rest x 45 seconds between rounds

Stretch

Thoughtful Thursday

If there is one thing I hope you've taken away from being in TFGG, it's that without mental health there is no true physical health.

It's easy to force ourselves to eat perfectly and train our faces off until we look like some chick on Instagram, but in order to truly be at peace with ourselves on the inside and outside, it's about so much more. My dream for you is to love yourself for who you truly are, and for us to learn that life is about more than attempting perfection. Here is the game plan for this Thoughtful Thursday.

Journal

- How am I doing in life right now? This doesn't need to be specific, it's just about checking in with yourself!
How is my mental health? Do I feel like I'm in a good place?
Am I working as hard and feeling as driven as I know I can be during this Round?
Who is someone that needs me right now? Even if it's just for me to let them know I am there for them. Reach out to that person, because you never know how much it will do.
Who is someone in TFGG that has made you smile or somehow motivated you this week? DM them and let them know.

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

Today we are testing: Box Jumps

How high can you jump?

- Set yourself up in front of the boxes at your gym, and start low. You are going to slowly and carefully work your way up in height.
- The things to focus on are landing softly (like a panther) and making sure your feet are all the way on the box. You also want to make sure you are stepping off the box each time, not jumping off to protect your knees and save energy.
- Once you reach your max, record it and see if you can continue to make that height a few more times!

High Rep, Low Impact Session

Due to the amount of high impact lower body work in this Block, today we are going to be focusing on training your legs and glutes with light weight, low impact, and high rep work. Don't underestimate what basic movements can do to challenge you! For the following exercises, you can choose to do them in any order and break them down into sets however you like. The only objective is to get all reps of all exercises done with perfect form.

Explosive Legs

A. Walking Lunges x 100/leg

- These can be done bodyweight or with extremely small dumbbells.

B. Single-leg Glute Bridges x 100/leg

- These are to be done laying on the ground, without elevating your working leg as we do in your movement prep.

C. Lateral Band Walks x 100/direction

D. Bodyweight Squats x 200

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

What is Experiment Day you ask? As a trainer, I have taken almost every Saturday workout I have done over the past six years and completely experimented with my training. It is 100% my favourite training day, and I'm so excited to be sharing it with you. This is your chance to get fully inside the mind of a trainer, and see the things that intrigue me and challenge me most. Sometimes it will be a challenge, sometimes super "out there" exercises, but no matter what it's always going to be completely new and different. You ready for today?

Experiment #1:

300 Reps

Back Squats x 10

Pull-ups x 10

Push-ups x 10

- Rest as long as you need and complete 10 rounds total (aka 300 reps)
- Make sure to record what weights/resistance you chose, and how long the entire workouts takes.
- It goes without saying that you should complete a full warm-up and movement prep before starting.

Experiment #2:

Yoga

- We know how to push ourselves, but do we know how to recover? Today is all about connecting our body to our mind.
- Our experiment today is 20 minutes of Yoga. You can sign up for a class, complete a stretch sequence on your own, or find a video on Youtube. Whatever you do, I want you to focus on breathe, deepening your stretches, and appreciating your body.
- We put ourselves through a lot in our fitness journeys, and something I want to make a bigger priority for all of us is taking care of our bodies with proper stretch on a regular basis.

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!