

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.

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.

Barbell Back Squats x 10/x/x/x/x

- **Complete 5 sets**
- Rest x 60 seconds between rounds
- As always, make sure to complete each rep with proper form.

How this works: You are going to complete your first set of squats at a weight that challenges you to perform 10 reps (make sure to properly work your way up to this weight). For each consecutive set you are going to add 10lbs (5 on each side of the bar). For each set, record the total weight, and the number of perfect reps you were able to do! It will obviously be less reps each time, but that is exactly what we want.

Legs and Glutes

Superset no. 1

- Complete 4 rounds
- Rest x 45 seconds between rounds

A. Sumo Deadlifts x 8

B. Banded Hip Thrusts w. 3X Pulse x 12

- Hips high baby! Make sure to keep them up as you complete 3 pulses each rep.
- Drive your knees apart to activate your glute med throughout the entire movement.

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

*This circuit is paired. That means all reps of all exercises are done on the same leg before switching

A. Staggered Stance RDLs x 10/leg

- These might just be my personal favourite of all-time glute & hamstring exercise!
- You can perform these with either a barbell or a DB in each hand. Make sure to select a significantly lighter weight than you would use if you were doing traditional RDLs
- Set up so that one foot is staggered slightly behind the other. The back foot is on the ground to help you remain balanced, but it is the glute & leg in front that is working.
- You are going to hinge forward exactly like you would in a RDL, sending your hips back and keeping your spine straight and core strong.
- These are AMAZING for isolating unilaterally. Please just make sure to protect your spine. Go slowly, and play around with the placement of your back foot until it feels right.

B. Elevated Split Squats w. Pulse x 12/leg

- Go heavier with your DBs on these than you have in the past.

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.

Deficit Superset

- Complete 4 rounds
- Rest x 45 seconds between rounds

- One of the best ways to increase your strength in challenging movements is to work on the deficit (or the eccentric) part of a movement.
- **For each pull-up and push-up we are going to use a tempo of 4 counts for the eccentric part of the exercises.**

A. Pull-ups x 8

- These are completely unassisted pull-ups. If you don't have free pull-ups yet (or don't have that many) don't worry! You can place a bench underneath you and "jump" your feet up into the top of the movement, starting with your hands on the bar already for safety. It's the lowering part we are focussed on today!
- Once you are at the top, hold for 4 counts. Then lower yourself down, for 4, 3, 2, 1.
- Jump back up again (unless you don't need to) and repeat!

B. Weighted Push-ups x 8

- Place a plate or sandbag on your low back/upper glutes and set up in a push-up position.
- You are going to hold at the top for 4 counts, and then lower yourself down for 4, 3, 2, 1. Once you get to the bottom of the movement, push yourself up quickly and begin the next rep. Note that you can eliminate the weight if/when needed. Listen to your body!

Circuit no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Barbell Overhead Press x fail

- Make sure to keep your core locked on strong to protect your spine.
- Record the reps each round!

B. Barbell Bent Over Row x 12

C. Stability Ball Knee Tucks (SINGLE LEG)

- Okay, don't panic! It's playtime! Try your best to lift one leg up, as you use the other to pull the ball inward and bring your knee to your chest.
- I know it's challenging, so don't be hard on yourself. Go slow and play around with it. Do whatever you can today! If you aren't there yet, you can go back to regular tucks... but at least try these first!

Circuit no. 2

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. V Sit w. X Hold x 60 sec

- Set yourself up in a V Sit with your legs extended straight out in front of you.
- Extend your arms to the sides, holding a DB in each hand! Brace as hard as you can, and hold.

B. Tricep Dips w. Weight x 12

- These are just like our standard tricep dips, but you are going to add a weight to your lap!
- Make sure to add something that challenges you, but doesn't force your body to dip dangerously low and puts your shoulder joints at risk.

C. Reverse Stability Ball Spiderman Planks x 60 sec

- Set up with your elbows on the ball in a strong, stable plank! Your feet don't need to be next to each other though,
- You are going to bring your right knee up to the ball, pause for 2 counts, and step in back into plank. Continue to alternate sides!

Finisher: Battle Ropes

- Go as hard as you can! All out for 40 seconds, plank for 20 seconds as your recovery. Repeat 5x

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

Jungle Gym

How it works:

The world is your oyster, and the gym is your jungle gym. **You are going to go for 5 minutes without stopping as hard as you can** on each of the following machines. This might seem super intense, but the best part of it mentally is knowing that you never have to repeat what you just did. Oh, and to make it even more fun? Between each you are going to do 60 seconds of max effort work. Have fun!

Treadmill: Speed Run x 5 minutes @ 2.0% incline

Jump Squats x 60 sec

Treadmill: Uphill Climb x 5 minutes @ 15% incline

Mountain Climbers x 60 sec

Bike: Sprint in the saddle x 5 minutes

Jump Lunges x 60 sec

Bike: HEAVY resistance climb out of the saddle x 5 minutes

Plank Jacks x 60 sec

Stair Master x 5 minutes

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

Circuit no. 1

- Complete 3 rounds
- Rest x 60 seconds between rounds

A. Box Jump Burpees x 10

- Perform a burpee directly in front of a box. As you jump up from the ground, you are going to land softly onto the box. Begin with something low and work your way up in height as you feel more comfortable.

B. RDLs x 15

C. Skip x 60 sec

Circuit no. 2

- Complete 3 rounds
- no rest 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. Elevated Split Squat Jumps x 15

B. Single-leg weighted Hip Thrusts x 15

C. Single-leg RDLs x 15 (Bodyweight only!)

- Play around here! You are going to work on your balance, and play around with your form. This is an extremely advanced movement, so today your only job is to play around with it and work on your balance.
- As you extend forward, your back leg is going to extend directly back behind you. Make sure to keep your hips square!

Explosive Legs

Superset no. 1

- Complete 3 rounds
- Rest x 45 seconds between rounds

A. Banded Lateral Walks x 15/direction

B. Banded Bounding x 25

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:

How long does it take me to perform 100 push-ups?

- Put on an epic playlist
- Set your timer
- Do 100 push-ups FROM YOUR TOES!
- I know, it's scary. But there's only one way to find out, right? You can take breaks as frequently as you need, and for as long as you like! Keep the timer running, and stop it only once you complete your 100th rep.
- Make sure to record your time!

Experiment #2:

What is my PR Mile time?

- I know, we've done it before. But it's so important to keep testing this every once in a while to see where we're at!
- You know what to do... Have fun babe!

Goal Setting

Circuit no. 3

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!