

**TFGG**

*the fit girl gang*



**travel**

Beginner Workouts



## Bon Voyage!

Hello you incredible woman, and welcome to your TFGG TRAVEL program. These workouts were designed to be used anywhere and everywhere around the world, whether you're backpacking across south-east Asia or on a business trip somewhere out west. I want to have you covered!

TFGG TRAVEL isn't a progressive training program like you're used to! Instead, think of it as your resource that allows you to get shit done and feel amazing by incorporating any of these four workouts before you kick off your day while away.

These workouts don't need to be done in a particular order, and can be utilized to meet your needs however and whenever you like! Feel like getting a little glute pump on? Cool, go for Legs & Glutes. Wanna sweat hard while you explore a new city? Try one of your 3 cardio options.

The world is your oyster, and TFGG can now be a small part of that. I can't wait to see you inspiring women doing these workouts all over the world.

Have fun, travel safe, and know I send my love!

XX

Jo

## Equipment Needed

In order to make the most of TFGG Travel, you hardly need a thing!

- **Glute bands x 2**

- \*one lighter resistance band and one heavier resistance band

- **An elevated surface**

- \*this can literally be anything as long as you feel safe using it



## Workout no. 1: **Legs & Glutes**

### Warm up

Set your timer and complete the following 3 warm up exercises for 30 seconds each. Complete 3 rounds total with little to no rest.

- A. Jumping Jacks
- B. High Knees
- C. Skaters

### Movement Preparation

**1. DOWNWARD DOG X 30 SECONDS**



**2. LUNGE W/ REACH X 6/LEG**



**3. MONK STRETCH X 2 REACHES/SIDE**



**4. TABLETOP TOE TAPS X 15/SIDE**





## **Workout no. 1:**

# **Legs & Glutes**

## **Circuit no. 1**

- Complete 3 rounds total
- Don't rest between rounds

**A. Banded Bodyweight Squats x 15**

**B. Banded Glute Bridges x 15**

**C. Donkey Kicks x 20/leg**

## **Circuit no. 2**

- Complete 3 rounds total
- Don't rest between rounds

**A. Walking Lunges x 15/leg**

**B. Single-leg Glute Bridges x 12/leg**

**C. Sumo Squat Hold x 30 seconds**

## **Circuit no. 3**

- Complete 3 rounds total
- Don't rest between rounds

**A. Curtsy Lunges x 12/leg**

- Do all reps on one leg before switching

**B. Lateral Walks x 12/direction**

**C. Banded Lateral Taps x 30 seconds/side**

# **STRETCH**

I know you're itching to get on with whatever adventure you have today (in my opinion, straight relaxation can count as an adventure too) but you're going to be sore and regret it if you don't stretch. Give yourself at least five minutes to breathe, stretch, and get yourself mentally ready for the day.



**Workout no. 2:**

# Upper & Core

## Warm up

Set your timer and complete the following 3 warm up exercises for 30 seconds each. Complete 3 rounds total with little to no rest.

- A. Bum Kicks
- B. Jumping Jacks
- C. High Knees
- D. Plank

## Movement Preparation

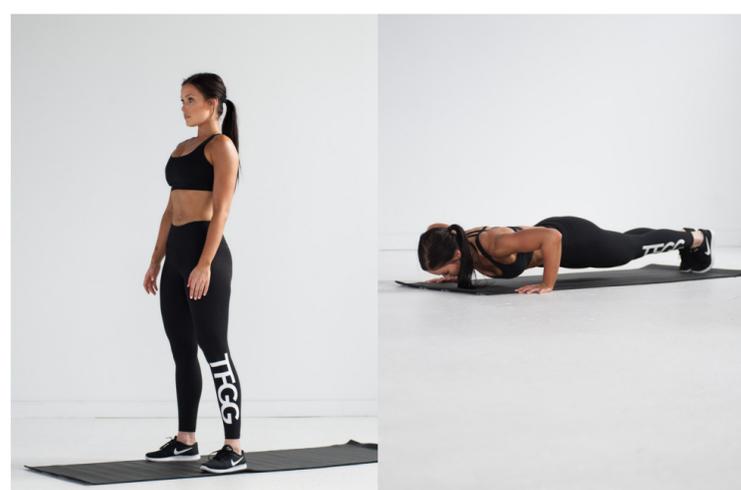
**1. CHEST OPENER X 30 SECONDS/SIDE**



**2. MONK STRETCH X 2 REACHES/SIDE**



**3. WALKOUT TO PUSH-UP X 6**



**4. TABLETOP X 45 SECOND HOLD**





## **Workout no. 2:**

# **Upper & Core**

## **Circuit no. 1**

- Complete 3 rounds total
- Rest x 45 seconds between rounds

**A. Push-ups x failure**

**B. Single-Arm Band Row x 12/arm**

**C. Lying Leg Switches x 10/leg**

## **Circuit no. 2**

- Complete 3 rounds total
- Rest x 45 seconds between rounds

**A. Plank Up Downs x 6/arm**

- Drop to your knees if you can no longer do these with good form

**B. Band Pull-Aparts x 15**

**C. Plank w/ Toe Taps x 45 seconds**

## **Circuit no. 3**

- Complete 3 rounds total
- Rest x 30 seconds between rounds

**A. Tricep Dips x 12**

- Bend your knees if needed to shorten your leverage and make these slightly easier

**B. Mountain Climbers x 30 seconds**

**C. Banded Russian Twist x 45 seconds**

# **STRETCH**

If you're ready to take on the day, stretch somewhere with a view! Do a mini beach stretch sesh, or do my favourite childhood game: Underwater Yoga... don't ask, I was a weird kid.



## **Workout no. 3:**

# **Cardio**

These cardio workouts are designed to be performed outdoors anywhere you are in the world! Weather or safety doesn't allow you to get out there? It's okay, they can easily be done on a hotel gym treadmill too!

## **Warm up**

No matter which of the following workouts you choose, begin with a five minute run at a moderate pace. You should be able to carry a conversation the entire time.

## **Cardio A) The Run Along**

If you're a Drake junkie like me (or just generally listen to a lot of rap while you train) you probably know that the average length of a song is approximately 3:30.

You are going to choose your 5 favourite running songs, and get ready to put in some work. When the first song begins, run as hard as you can at a pace you can maintain until it's done. This means a fast run, but not an all-out sprint as the goal is to keep going until the song is over.

When the song ends, you are going to walk for 60 seconds. This should be a complete recovery, so don't jog or exert yourself.

When the 60 seconds are over, start the second song and go! You are going to continue to go all out for 5 songs total, knowing that as soon as a song is over you get to recover. This means approximately (5 x 3:30) 17 minutes of hard work. You've got this.



## **Workout no. 3:**

# **Cardio**

## **Cardio B) 5km Run**

I know this is one most of you don't love, but don't think of this as just any 5k run. You are likely somewhere beautiful, scenic, and at the very least new and interesting. Take this run to get to know a new city, watch the sunset, and experience your trip from a completely different perspective. I believe in you babe.

## **Cardio C) Intervals**

Ready to test your speed? This cardio option is about going all out for 60 seconds, and then allowing yourself to recover for 60.

One of my favourite tactics while running outside is to look at an object in the distance and try to run to it! It makes it more of a challenge and I know it makes me go faster.

You are going to complete 10-12 intervals (so the workout will be 20-24 minutes), depending on how much energy you have in the tank. Have fun!

## **BEACH BONUS**

Travelling somewhere near water? Take any of the 3 cardio workouts to the beach. It's going to turn up the intensity A LOT, but it's amazing for your legs, and it'll make you feel like a speed demon next time you hit the pavement or treadmill. Let me know how it goes. xx



## Workout no. 4: **Full-Body**

### Warm up

Set your timer and complete the following 3 warm up exercises for 30 seconds each. Complete 3 rounds total with little to no rest.

- A. Bum Kicks
- B. Jumping Jacks
- C. Skaters
- D. Plank

### Movement Preparation

**1. MONK STRETCH X 2  
REACHES/SIDE**



**2. LUNGE W/ REACH X  
6/SIDE**



**3. BANDED GLUTE  
BRIDGES X 12**



**4. PLANK X 30 SECONDS**





## **Workout no. 4:** **Full-Body**

### **Circuit no. 1**

- Complete 3 rounds total
- No rest between rounds

#### **A. Banded Squats x 60 seconds**

- Go for speed and do as many as you can with good form!

#### **B. Lateral Bear Crawl x 6/direction**

#### **C. Beginner Leg Lowers x 8**

### **Circuit no. 2**

- Complete 3 rounds total
- Rest x 30 seconds between rounds

#### **A. Reverse Stability Lunges x 15/leg**

- Do all reps on one side before switching

#### **B. Walk Out to Push-up x 10**

#### **C. V-Sit x 45 seconds**

### **Circuit no. 3**

- Complete 3 rounds total
- Rest x 30 seconds between rounds

#### **A. Burpees x 8**

#### **B. Golden Arches x 15**

#### **C. Plank x failure**

## **STRETCH**

Don't cut your workout short now! You've made it this far, you may as well finish it right.