

**TFCGG**

(home)

**ATHLETE**

**Block Five**

# TFGG

# (home) ATHLETE

## let's do this

## How this program works

Welcome to (home) ATHLETE! Our brand new TFGG Home Training Program that incorporates strength, speed, balance, and all around high level athletic performance training. We are breaking through every preconceived assumption you have ever made about working out from home, and building our strongest most powerful selves right here in our living rooms.

This is a Live Training Program! That means that this program was meant to be followed along LIVE via our TFGG Facebook Group with me. You don't actually have to take part in our live workouts (they will all be saved permanently for you to do on your own time) but the structure of this program is designed for you to follow these full length workouts and not do them on your own! **This program does not include training photos or coaching videos.** Rather train by yourself? That's wonderful too! We have tons of other Home & Gym based training programs for you to take on - this one is different though.

## my commitment to you

I am going to lead you through the most powerful and effective home workouts of your life! My job is to coach you through each exercise and teach you how to perform it correctly with confidence. I will ensure that our workouts are timely, and each is exactly one hour long (you have shit to do and places to be!) and I will be here as a resource to try and answer whatever questions you have live as we train together. Basically, I am promise you 50 incredible, game changing workouts with me over the next 10 weeks.

## expectations

This may not sound like a big deal, but it is absolutely essential that you have this PDF out in front of you in plain sight as we go through each workout together. There are 3 variations to every workout, and while I will be coaching each to you at the beginning of every circuit, I cannot be continuously answering how many reps / time etc. each training level is expected to do for each exercise over and over. I will hold myself to the standard of 60 minute workouts, and I need your help to do this by having your program in front of you. Thank you so much!

## Equipment Needed:

- **Whatever Dumbbells and Kettlebells you have access to\***
- **Glute Band**
- **Stability Ball**
- **Sliders (I use dish towels... these do not need to be fancy)**
- **Elevated Surface (this can be a couch, sturdy chair, box or bench)**

\*When it comes to weights at home, of course the more you have, the easier it will be to get the most out of each movement! With that being said, you absolutely should not be blowing the bank on this. Start with whatever you have, and slowly add to your collection over time! Something you will notice in all of our TFGG Home Programs, (home) ATHLETE included, is that I always offer a rep-range for dumbbell based movements. This allows you to choose the correct rep range to properly challenge yourself with whatever weights you have access to!

**are you ready? let's do this.**



(home) ATHLETE  
lower body strength

# Lower Body Strength

## Fitness Testing

**TRACK EVERYTHING WE TEST!**

**Goblet Squat x Max Reps**

\*with the same weight you used to test in week one

**Wall Sit x Max Reps**

**Hip Thrust x Max Reps**

**Max Sumo Squat Hold**

**Bodyweight Split Squat Hold x Max Reps**

\*Beginner: Floor / Advanced: Elevated

## **Circuit**

**\*Complete 2 sets / rest 60 seconds between each**

**\*Perform each movement at 50% of max capacity previously tested**

A. Goblet Squat

B. Wall Sit

C. Hip Thrust

D. Sumo Squat Hold

E. Bodyweight Split Squats



(home) ATHLETE  
upper body strength

# Upper Body Strength

## Fitness Testing

**TRACK EVERYTHING WE TEST!**

**Push-ups x Max Reps**

**Challenge:** Rest after Max Rep set and complete 100 reps total!

\*Take as many breaks as needed to complete all reps

## **Circuit no. 1**

**\*complete 3 sets / rest 60 seconds between each**

A. Tempo Bent Over Row x 8 reps (add pull-up band for extra resistance)

B. Heavy Single-Arm Row x 10 - 12 reps/arm

C. Tabletop Reverse Raise x 12/arm

\*Advanced: knees hover / Beginner: knees down

D. Prone Superman x 10 reps

## **Finisher**

A. V Sit Press x 50 reps

B. Renegade Row x 25/arm

\*Beginner: Modify to knees

# Lower Body Power

## Fitness Testing

**TRACK EVERYTHING WE TEST!**

Burpees x Max Reps

## **Circuit**

**\*complete 3 sets / rest 60 seconds between each**

A. Tuck Jumps x 60 seconds

B. Curtsy Lunge Jumps x 60 seconds

C. Hamstring Curls x 20 reps

\*Advanced: do as many as you can single-leg

D. Slider Climbers x 90 seconds

\*Beginners: break into 2 sets

E. Paused Split Squat Jumps x 15/leg

# HardCore

## Beginner

### **Fitness Testing**

**TRACK EVERYTHING WE TEST!**

Plank x Max Hold

### **Giant Circuit**

**\*complete 3 sets / rest 90 seconds between each**

- A. Slider Knee Tucks x 20 reps
- B. Stability Ball Plank (elbows on ball) x 45 seconds
- C. Russian Torture x 45 seconds
- D. Staggered Stance Hip Thrusts x 20/leg
- E. Eagle Wiper to Modified Tricep Push-up x 60 seconds
- F. Side Plank x 40 seconds/side
- G. V Sit w/ Bodyweight X Hold x 60 seconds

## Intermediate

### **Fitness Testing**

**TRACK EVERYTHING WE TEST!**

Plank x Max Hold

### **Giant Circuit**

**\*complete 3 sets / rest 90 seconds between each**

- A. Knee Tucks x 15 reps
- B. Stability Ball Plank (elbows on ball) x 60 seconds
- C. Russian Torture x 1:00
- D. Single-leg Hip Thrusts x 20/leg
- E. Eagle Wiper to Tricep Push-up x 60 seconds
- F. Side Plank w/ Elevated Leg x 40 seconds/side
- G. V Sit w/ Bodyweight X Hold x 60 seconds

## HardCore

### Advanced

## **Fitness Testing**

**TRACK EVERYTHING WE TEST!**

Plank x Max Hold

## **Giant Circuit**

**\*complete 3 sets / rest 90 seconds between each**

- A. Knee Tuck to Push-up x 12 reps
- B. Around The World's x 45 seconds/direction
- C. Russian Torture x 1:15
- D. Double Elevated Single-leg Hip Thrusts x 20/leg
- E. Eagle Wiper to Tricep Push-up x 90 seconds
- F. Side Plank w/ Kick & Reach x 40 seconds/side
- G. V Sit w/ X Hold x 60 seconds





(home) ATHLETE  
strengthen & sweat

# Strengthen & Sweat

## Giant Countdown Circuit

**\*complete 4 sets / rest 90 seconds between each**

**\*25 reps / 20 reps / 15 reps / 10 reps**

A. Staggered Stance RDLs

B. Squat Thrusters

C. Split Squat Hold w/ Lateral Raise

D. Hamstring Curl w/ Banded Pull Apart

\*Beginner: Elevated Glute Bridge w/ Banded Pull Apart

E. Banded Kickback Push-ups

F. Reverse Fly

G. Tuck Jumps

\*Beginner: Straight Jumps