

TFCGG

(home)

ATHLETE

Block Four

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.

Lower Body Strength

Beginner

Circuit no. 1

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

- A. Paused Goblet Squat x 20 reps
- B. Paused Jump Squat x 12 reps
- C. Sumo Squat Pulses x 90 seconds

Circuit no. 2

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

- A. Paused Bodyweight Elevated Split Squats x 12/leg
- B. Walking Lunges x 12/leg

Circuit no. 3

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

- A. Stability Glute Bridges x 15
- B. Banded Glute Bridge Pull Aparts x 25
- C. Staggered Bodyweight Hip Thrusts x 12/leg

Lower Body Strength

Intermediate

Circuit no. 1

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

- A. Banded Paused Goblet Squat x 20 reps
- B. Paused Jump Squat x 15 reps
- C. Weighted Sumo Squat Pulses x 90 seconds

Circuit no. 2

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

- A. Paused Elevated Split Squats x 12/leg
- B. Paused Jump Lunges x 10/leg

Circuit no. 3

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

- A. Hamstring Curl to Bridge x 10
- C. Single-leg Thrust w/ Pulse x 12/leg

Lower Body Strength

Advanced

Circuit no. 1

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

- A. Banded Paused Goblet Squat x 20 reps
- B. Banded Paused Jump Squat x 20 reps
- C. Weighted Sumo Squat Pulses x 90 seconds

Circuit no. 2

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

- A. Heavy Paused Elevated Split Squats x 12/leg
- B. Weighted Paused Jump Lunges x 10/leg

Circuit no. 3

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

- A. Single-leg Hamstring Curls x 6/leg
- B. Hamstring Curls x 12
- C. Weighted Single-leg Thrust w/ Pulse x 12/leg



Upper Body Strength

Beginner

Push-ups - 2 sets x 12 reps (modify to knees when needed)

Modified Tricep Push-ups - 2 sets x 12 reps (modify to tabletop if needed)

Pike Push-ups - 2 sets x 12 reps

Modified Iso Push-up Hold - 2 sets x Max Hold (record both times!)

Circuit no. 1

***complete 2 sets / rest 60 seconds between each**

A. Heavy Bent Over Row x 12 reps (add pull-up band for extra resistance)

B. High Pulls x 20 reps

C. Reverse Fly x 20 reps

D. Hinged Supermans x 60 seconds

Finisher

A. Tabletop x 1:15 seconds

B. V Sit w/ Bodyweight X Hold Pulses x 60 seconds

Intermediate

Push-ups - 2 sets x 12 reps

Tricep Push-ups - 2 sets x 12 reps (lower to knees if needed)

Pike Push-ups - 2 sets x 12 reps

Iso Push-up Hold - 2 sets x Max Hold (record both times!)

Circuit no. 1

***complete 2 sets / rest 60 seconds between each**

A. Heavy Bent Over Row x 12 reps (add pull-up band for extra resistance)

B. High Pulls x 20 reps

C. Reverse Fly x 20 reps

D. Hinged Supermans x 60 seconds

Finisher

A. Tabletop x 90 seconds

B. V Sit w/ Bodyweight X Hold Pulses x 90 seconds

Upper Body Strength

Advanced

Stability Ball Push-ups - 2 sets x 12 reps

Decline Tricep Push-ups - 2 sets x 12 reps (lower to toes if needed)

Elevated Pike Push-ups - 2 sets x 12 reps

Iso Push-up Hold - 2 sets x Max Hold (record both times!)

Circuit no. 1

***complete 2 sets / rest 60 seconds between each**

A. Heavy Bent Over Row x 12 reps (add pull-up band for extra resistance)

B. High Pulls x 20 reps

C. Reverse Fly x 20 reps

D. Hinged Supermans x 60 seconds

Finisher

A. Tabletop In & Outs x 90 seconds

B. V Sit w/ X Hold Pulses x 90 seconds

Lower Body Power

Beginner

Circuit no. 1

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

- A. Tuck Jumps (reset) x 60 seconds
- B. Jump Squat w/ Lateral Shuffle x 60 seconds
- C. Assisted Single-leg Bodyweight RDLs x 12/leg
- D. Weighted Slider Reverse Lunges x 45 seconds/leg

Circuit no. 2

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

- A. Weighted Modified Burpees x 60 seconds
- B. Seated Jump Squat to High Knees x 60 seconds
- C. RDL to Goblet Squat - 5 reps each x 60 seconds
- D. Modified Plank Striders x 60 seconds

Intermediate

Circuit no. 1

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

- A. Tuck Jumps (reset) x 60 seconds
- B. Lateral Jump Squats x 45 seconds
- C. Single-leg Bodyweight RDLs x 12/leg
- D. Bodyweight Slider In & Outs x 45 seconds/leg

Circuit no. 2

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

- A. Weighted Modified Burpees x 60 seconds
- B. Bound to High Knees x 60 seconds
- C. KB Swings to Jump Squats - 5 reps each x 60 seconds
- D. Plank Striders x 60 seconds

Lower Body Power

Advanced

Circuit no. 1

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

- A. Tuck Jumps - Speed x 30 seconds / Reset x 30 seconds
- B. Lateral Jump Squats x 60 seconds
- C. Single-leg Bodyweight RDLs x 12/leg
- D. Weighted Slider In & Outs x 45 seconds/leg

Circuit no. 2

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

- A. Weighted Burpees x 60 seconds
- B. Bound to High Knees x 60 seconds
- C. KB Swings to Weighted Jump Squats - 5 reps each x 60 seconds
- D. Plank Striders x 60 seconds

HardCore

Beginner

Giant Circuit

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

- A. Rainbow Plank x 45 seconds
- B. Leg Switches x 60 seconds
- C. Banded Donkey Kicks w/ Pulse x 12/leg
- D. Banded Bodyweight Hip Thrust Pulse Out x 60 seconds
- E. Side Plank x 30 seconds/side
- F. Modified In & Outs x 45 seconds
- G. Tempo Leg Raises x 60 seconds (raise for 5 / lower for 5)

Intermediate

Giant Circuit

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

- A. Rainbow Plank x 60 seconds
- B. Pass Across x 60 seconds
- C. Tabletop Donkey Kicks x 12/leg
- D. Banded Hip Thrust Pulse Out x 60 seconds
- E. Plank w/ Bodyweight Tricep Pulses x 30 seconds/arm
- F. V Sit Hold x 45 seconds
- G. Modified Sprinters x 60 seconds

HardCore

Advanced

Giant Circuit

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

- A. Knee Tuck to Toe Tap x 60 seconds
- B. Pass Across x 60 seconds
- C. Tabletop Banded Donkey Kicks x 12/leg
- D. Banded Hip Thrust Pulse Out x 60 seconds
- E. Plank w/ Tricep Pulses x 30 seconds/arm
- F. V Sit Scissors x 45 seconds
- G. Sprinters x 60 seconds



(home) ATHLETE
strengthen & sweat

Strengthen & Sweat

Beginner

Giant Circuit

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

- A. Sumo RDLs x 15
- B. Stability Bridges x 15
- C. Wall Sit with Shoulder Press (1 DB) x 60 seconds
- D. Overhead Tricep Kickbacks x 20
- E. Eagle Wipers x 45 seconds
- F. Split Squat Hold w/ SA Upright Row x 12/side

Sweat Combo

- Set One: Modified Push-up Burpees x 6
- Set Two: Mountain Climbers x 30
- Set Three: Jump Squats x 12

Intermediate

Giant Circuit

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

- A. Sumo RDLs x 15
- B. Hamstring Curls x 15
- C. Wall Sit with Shoulder Press x 60 seconds
- D. Overhead Tricep Extensions x 20
- E. Eagle Wipers x 60 seconds
- F. Split Squat Hold w/ SA Upright Row x 12/side

Sweat Combo

- Set One: Push-up Burpees x 6
- Set Two: Mountain Climbers x 50
- Set Three: Bounding x 12



(home) ATHLETE
strengthen & sweat

Strengthen & Sweat

Advanced

Giant Circuit

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

- A. Sumo RDLs x 15
- B. Single-leg Hamstring Curls x 8/leg
- C. Banded Wall Sit with Shoulder Press x 60 seconds
- D. Tabletop Tricep Kickbacks x 15/side
- E. Tilted Eagle Wipers x 60 seconds
- F. Elevated Split Squat Hold w/ SA Upright Row x 12/side

Sweat Combo

- Set One: Tuck Jump Push-up Burpees x 6
- Set Two: Slider Climbers x 50
- Set Three: Bounding x 12