

TFCGG

(home)

ATHLETE

Block One

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.

Fitness Testing

As you know if you've been in the gang for a while now, Fitness Testing is absolutely essential! If you want to see tangible evidence at how you improve through this program, we need to test. Proper testing allows you to see where you're at when it comes to your fitness capabilities, and set reasonable and challenging goals going forward!

We are going to complete this testing before we begin Block One and after we complete Block Five (10 weeks later) to see how you've progressed throughout this program. The key to incredible progress? One word: Consistency. Make sure to record everything we test! Seriously - WRITE IT DOWN.

Today we will be testing the following:

Goblet Squats

- You will be testing either your max weight or max reps depending on what you have available to you

Push-ups

- You are going to test how many reps you can do with perfect form from your toes! If your max is below 20 reps, please also test your max number of modified reps and record both

Wall Sit

- You are going to test max hold time with perfect form

Plank

- You are going to test max hold time with perfect form

X Hold

- You are going to test max hold time with perfect form

Sumo Squat Hold

- You are going to test max hold time with perfect form

V Sit Hold

- You are going to test max hold time with perfect form

Lower Body Strength

Beginner

Circuit no. 1

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

- A. Goblet Squats x 10 - 15 reps
- B. Bodyweight Squats x 15 reps
- C. Glute Bridges x 15 reps
- D. Plank x 30 seconds

Circuit no. 2

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

- A. Sumo Squats x 15 reps
- B. RDLs x 12 - 15 reps
- C. BW Split Squats x 12/leg
- D. Bodyweight Hip Thrusts x 15 reps

Intermediate

Circuit no. 1

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

- A. Banded Goblet Squats x 10 - 15 reps
- B. Bottom Half Bodyweight Banded Squats x 10 reps
- C. Stability Ball Hamstring Curls x 10 reps
- D. Elevated Glute Bridges x 15 reps

Circuit no. 2

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

- A. Sumo Pulse to Split Squat Pulse x 60 seconds
- B. RDLs x 12 - 15 reps
- C. BW Elevated Split Squats x 12/leg
- D. Bodyweight Single-leg Hip Thrusts x 12/leg

Lower Body Strength

Advanced

Circuit no. 1

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

- A. Banded Bottom Half Goblet Squats x 10 reps
- B. Banded Goblet Squats x 10 - 15 reps
- C. Stability Ball Hamstring Curls x 15 reps
- D. Stability Ball Glute Bridges x 15 reps

Circuit no. 2

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

- A. Sumo Pulse to Split Squat Pulse x 90 seconds
- B. Staggered RDLs x 12 - 15/leg
- C. Heavy Elevated Split Squats x 8 - 10/leg
- D. Weighted Single-leg Hip Thrusts x 12/leg

Upper Body Strength

Beginner

Circuit no. 1

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

- A. Modified Paused Push-ups x 12 reps
- B. Plank x 45 seconds
- C. High Pulls x 10 - 15 reps
- D. Kneeling Alternating Press x 8 reps (1 rep = left / right / both)

Circuit no. 2

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

- A. Paused Bent Over Row x 10 - 12 reps (hold for 3 counts each rep)
- B. Bodyweight Hyper-Extensions x 12 reps
- C. Tabletop x 45 seconds
- D. Lateral Raise x 15 reps

Intermediate

Circuit no. 1

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

- A. Paused Push-ups x 12 reps (modify if / when needed)
- B. Plank w/ Feet on Stability Ball x 60 seconds
- C. High Pulls x 10 - 15 reps
- D. Kneeling Alternating Press x 8 reps (1 rep = left / right / both)

Circuit no. 2

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

- A. Paused Bent Over Row x 10 - 12 reps (hold for 3 counts each rep)
- B. Weighted Hyper-Extensions x 12 reps
- C. Tabletop Up Downs x 60 seconds
- D. X Hold w/ Lateral Raise x 10/arm

Upper Body Strength

Advanced

Circuit no. 1

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

- A. Paused Push-ups x 12 reps
- B. Stability Knee Tuck to Push-up x 12
- C. High Pulls x 10 - 15 reps
- D. Kneeling Alternating Press x 8 reps (1 rep = left / right / both)

Circuit no. 2

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

- A. Paused Bent Over Row x 10 - 12 reps (hold for 3 counts each rep)
- B. Weighted Hyper-Extensions x 12 reps
- C. Tabletop Up Down to In & Out x 60 seconds
- D. X Hold w/ Lateral Raise x 10/arm

Lower Body Power

Beginner

Circuit no. 1

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

- A. Modified Burpees x 10
- B. Bodyweight Reverse Stability Lunges x 12/leg
- C. Banded Glute Bridge x 15 reps
- D. Squat to Reverse Lunge (2) x 10 reps

Circuit no. 2

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

- A. Banded Speed Squats x 15 reps
- B. Bodyweight Reverse Slider Lunge x 60 seconds/leg
- C. Alternating Lateral Lunges x 60 seconds
- D. Kneel to Squat Stand Up x 12 reps

Intermediate

Circuit no. 1

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

- A. Burpees x 10
- B. Knee Drives x 8/leg
- C. Kettlebell Swings x 20 - 30 reps
- D. Bound to Reverse Lunge (2) x 10

Circuit no. 2

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

- A. Jump Squats x 12 reps
- B. Bodyweight Slider In & Outs x 40 seconds/leg
- C. Cosack Squats x 60 seconds
- D. Kneel Jump to Squat Stand Up x 12 reps

Lower Body Power

Advanced

Circuit no. 1

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

- A. Weighted Burpees x 10
- B. Knee Drives x 12/leg
- C. Kettlebell Swings x 20 - 30 reps
- D. Bound to Jump Lunge (2) x 10

Circuit no. 2

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

- A. Weighted Jump Squats x 12 reps
- B. Bodyweight Slider In & Outs x 60 seconds/leg
- C. Weighted Cosack Squats x 60 seconds
- D. Kneel Jump to Squat Jumps x 12 reps

HardCore

Beginner

Giant Circuit

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

- A. Plank x 45 seconds
- B. Wall Sit w/ Bodyweight Rotational Twist x 45 seconds
- C. Bear Crawl x 45 seconds
- D. Core Marching x 60 seconds
- E. Donkey Kicks x 15/side
- F. Modified Side Plank x 40 seconds/side
- G. Mountain Climbers x 45 seconds

Intermediate

Giant Circuit

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

- A. Stability Ball Plank x 45 seconds
- B. Wall Sit w/ DB Rotational Twist x 60 seconds
- C. Bear Crawl x 60 seconds
- D. Bodyweight V Sit Tuck to Press x 60 seconds
- E. Banded Donkey Kick x 15/leg
- F. Side Plank x 40 seconds/side
- G. Slider Climbers x 45 seconds

HardCore

Advanced

Giant Circuit

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

- A. Stability Ball Plank x 60 seconds
- B. Banded Wall Sit w/ DB Rotational Twist x 60 seconds
- C. Slider Bear Crawl x 60 seconds
- D. V Sit Tuck to Press x 60 seconds
- E. Banded Donkey Kick w/ Pulse x 15/leg
- F. Side Plank Pulse to Crunch x 40 seconds/side
- G. Slider Climbers x 60 seconds



(home) ATHLETE
strengthen & sweat

Strengthen & Sweat

Beginner

Giant Circuit

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

- A. Squat Thrusters x 12 reps
- B. Bodyweight Banded Hip Thrusts x 15 reps
- C. Tricep Kickbacks x 12 reps
- D. Heavy Single-arm Row x 8 - 12 reps/arm
- E. Lateral Raise x 15 reps
- F. Sumo Squat Hold x 30 seconds

Sweat Combo

***this is to be done between each of the exercises above!**

- Jumping Jacks x 20
- Bum Kicks x 20
- High Knees x 20

Intermediate

Giant Circuit

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

- A. Squat Thrusters x 12 reps
- B. Banded Hip Thrusts x 15 reps
- C. Tricep Push-ups x 10 reps (drop to knees when needed)
- D. Heavy Single-arm Row x 8 - 12 reps/arm
- E. Split Squat to Lateral Raise x 10 reps/leg
- F. Sumo Squat Hold x 60 seconds

Sweat Combo

***this is to be done between each of the exercises above!**

- Mountain Climbers x 30
- Burpees x 4
- High Knees x 50



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strengthen & sweat

Strengthen & Sweat

Advanced

Giant Circuit

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

- A. Heavy Squat Thrusters x 12 reps
- B. Banded Hip Thrust w/ Pulse x 15 reps
- C. Tricep Push-ups x 15 reps
- D. Heavy Single-arm Row x 8 - 12 reps/arm
- E. Split Squat Hold w/ Lateral Raise x 10 reps/leg
- F. Weighted Sumo Squat Hold x 60 seconds

Sweat Combo

***this is to be done between each of the exercises above!**

- Mountain Climbers x 50
- Burpees x 6
- High Knees x 50