

TFCGG

(home)

ATHLETE

Block Three



(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. Tempo Goblet Squats x 8 - 10 reps
- B. Wall Sit x 1:15
- C. Sumo Squats x 15 reps
- D. Sumo Squat Pulses x 45 seconds

Circuit no. 2

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

- A. Weighted Split Squat w/ Pulse x 12/leg
- B. Elevated Single-leg Bridges x 12/leg
(A + B are paired)
- C. Banded Lateral Walk w/ Stand Up x 60 seconds
- D. Banded Weighted Hip Thrust x 15 reps

Intermediate

Circuit no. 1

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

- A. Banded Tempo Goblet Squats x 8 - 10 reps
- B. Banded Wall Sit x 1:15
- C. Heavy Sumo Squats x 15 reps
- D. Sumo Squat Pulses x 60 seconds

Circuit no. 2

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

- A. Elevated Bodyweight Split Squat w/ Pulse x 12/leg
- B. Single-leg Stability Bridges (against wall) x 12/leg
(A + B are paired)
- C. Banded Lateral Walk x 60 seconds
- D. Stability Ball Hamstring Curls x 14 reps

Lower Body Strength

Advanced

Circuit no. 1

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

- A. Banded Tempo Goblet Squats x 8 - 10 reps
- B. Wall Sit Band Pull Aparts x 50 reps
- C. Heavy Sumo Squats x 15 reps
- D. Weighted Sumo Squat Pulses x 60 seconds

Circuit no. 2

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

- A. Elevated Heavy Split Squat w/ Pulse x 12/leg
- B. Single-leg Stability Bridges (no wall) x 12/leg
(A + B are paired)
- C. Banded Lateral Walk x 90 seconds
- D. Stability Ball Hamstring Curls x 20 reps

Upper Body Strength

Beginner

Circuit no. 1

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

- A. Modified Push Up Pulses x 30 seconds
- B. Push-ups x Max Reps
- C. Hinged Tricep Pulses x 45 seconds
- D. Overhead Press x Max Reps in 60 seconds

Circuit no. 2

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

- A. Row to Reverse Fly x 60 seconds
- B. Bodyweight IYTs x 8 reps
- C. Tabletop Reverse Raise (Knees on Floor) x 12/arm

Finisher

Slider Climbers to Push-up x 60 seconds (4 climbers to 1 push-up)

Intermediate

Circuit no. 1

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

- A. Push Up Pulses x 30 seconds
- B. Push-ups x Max Reps
- C. Hinged Tricep Pulses x 60 seconds
- D. Overhead Press x Max Reps in 60 seconds

Circuit no. 2

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

- A. Row to Reverse Fly x 60 seconds
- B. Bodyweight IYTs x 8 reps
- C. Tabletop Reverse Raise (Knees off Floor) x 12/arm

Finisher

Slider Climbers to Push-up x 90 seconds (4 climbers to 1 push-up)

Upper Body Strength

Advanced

Circuit no. 1

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

- A. Push Up Pulses x 30 seconds
- B. Stability Ball Push-ups x Max Reps
- C. Hinged Tricep Pulses x 60 seconds
- D. Overhead Press x Max Reps in 60 seconds

Circuit no. 2

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

- A. Row to Reverse Fly x 60 seconds
- B. Weighted IYTs x 8 reps
- C. Tabletop Reverse Raise (Knees off Floor) x 12/arm

Finisher

Slider Climbers to Push-up x 2 minutes (4 climbers to 1 push-up)

Lower Body Power

Beginner

Circuit no. 1

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

- A. Box Drill x 30 seconds / leg
- B. Lateral Jump to Straight Jump x 60 seconds
- C. Goblet Seated Squats x 15
- D. Stability Bridges x 15

Circuit no. 2

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

- A. Weighted Squat to Reverse Lunge x 60 seconds
- B. Banded Donkey Kicks x 20/leg
- C. Paused Split Squat Jumps x 12/leg

Finisher

Burpees x Max Reps (make sure to record them!)

Intermediate

Circuit no. 1

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

- A. Box Drill x 30 seconds / leg
- B. Lateral Jump to Straight Jump x 60 seconds
- C. Seated Squat Jumps x 15
- D. Kettlebell Swings x 60 seconds

Circuit no. 2

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

- A. Jump Squat to Reverse Lunge x 60 seconds
- B. Single-leg Hip Thrusts x 12/leg
- C. Paused Split Squat Jumps x 12/leg

Finisher

Burpees x Max Reps (make sure to record them!)

Lower Body Power

Advanced

Circuit no. 1

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

- A. Box Drill x 30 seconds / leg
- B. Lateral Jump to Tuck Jump x 60 seconds
- C. Weighted Seated Squat Jumps x 15
- D. Kettlebell Swings x 60 seconds

Circuit no. 2

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

- A. Jump Squat to Jump Lunge x 60 seconds
- B. Double Elevated Hip Thrusts x 15/leg
- C. Paused Elevated Split Squat Jumps x 12/leg

Finisher

Burpees x Max Reps (make sure to record them!)

HardCore

Beginner

Giant Circuit

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

- A. Stability Ball Plank x 45 seconds
- B. Modified V Sit w/ Bodyweight X hold x 60 seconds
- C. Bear Crawl x 60 seconds
- D. Burners x 30/leg
- F. Modified Renegade Row x 12/arm
- G. Tricep Kickbacks x 60 seconds
- H. Bodyweight Russian Twist x 60 seconds

Intermediate

Giant Circuit

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

- A. Stability Ball Pikes x 60 seconds
- B. V Sit w/ Bodyweight X hold x 60 seconds
- C. Slider Bear Crawl x 45 seconds
- D. Banded Burners x 30/leg
- F. Renegade Row x 12/arm
- G. Tricep Reachers x 60 seconds
- H. Bodyweight Russian Torture x 60 seconds

HardCore

Advanced

Giant Circuit

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

- A. Stability Ball Combo x 60 seconds
- B. V Sit w/ X hold x 60 seconds
- C. Slider Bear Crawl x 1:15
- D. Banded Elevated Burners x 30/leg
- F. Renegade Row x 12/arm
- G. Tricep Reachers x 60 seconds
- H. Russian Torture x 60 seconds



(home) ATHLETE
strengthen & sweat

Strengthen & Sweat

Beginner

Giant Circuit

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

- A. Modified Tricep Push-ups x 12
- B. Bodyweight Reverse Fly Pulses x 45 seconds
- C. Front Extension Squats (1 DB) x 20 reps
- D. Bodyweight Stability Thrusts x 15
- E. Eagle Wipers x 45 seconds
- F. Overhead Split Squats (1 DB) x 12/leg + 30 second hold

Sweat Combo

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

- 3x Skaters + 2x Reverse Lunges x 60 seconds
- Max Effort High Knees x 20 seconds

Intermediate

Giant Circuit

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

- A. Tricep Push-ups x 12
- B. Reverse Fly Pulses x 45 seconds
- C. Front Extension Squats (2 DB) x 20 reps
- D. Banded Stability Thrusts x 15
- E. Stability Ball Knee Tucks x 45 seconds
- F. Overhead Split Squats (2 DB) x 12/leg + 30 second hold

Sweat Combo

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

- 3x Skaters + 2x Reverse Lunges x 60 seconds
- Max Effort High Knees x 30 seconds



(home) ATHLETE
strengthen & sweat

Strengthen & Sweat

Advanced

Giant Circuit

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

- A. Decline Tricep Push-ups x 12
- B. Reverse Fly Pulses x 45 seconds
- C. Front Extension Squats w/ Pulse (2 DB) x 20 reps
- D. Banded Stability Thrusts x 15
- E. Stability Ball Toe Taps x 60 seconds
- F. Overhead Elevated Split Squats (2 DB) x 12/leg + 30 second hold

Sweat Combo

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

- 3x Skaters + 2x Jump Lunges x 60 seconds
- Max Effort High Knees x 40 seconds