

TFCGG

(home)

ATHLETE

Block Two



(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

Goblet Squat - 5 sets x 10 - 12 reps each

Sumo RDL - 4 sets x 15 reps each

Weighted Hip Thrust - 3 sets x 20 reps each

Wall Sit - 3 sets x 60 seconds each

Stability Ball Glute Bridges - 3 sets x 12 reps each

Bodyweight Reverse Stability Lunges - 2 sets x 12 reps/leg each

Plank - 2 sets x 40. seconds each

Intermediate

Banded Goblet Squat - 5 sets x 10 - 12 reps each

Sumo RDL - 4 sets x 15 reps each

Weighted Banded Hip Thrust - 3 sets x 20 reps each

Weighted Wall Sit - 3 sets x 60 seconds each

Stability Ball Hamstring Curls- 3 sets x 12 reps each

Weighted Reverse Stability Lunges - 2 sets x 12 reps/leg each

Stability Glute Bridges (against wall) - 1 set x 15/leg

Advanced

Banded Goblet Squat - 5 sets x 10 - 12 reps each

Sumo RDL - 4 sets x 15 reps each

Weighted Banded Hip Thrust w/ Pulse - 3 sets x 20 reps each

Weighted Banded Wall Sit - 3 sets x 90 seconds each

Stability Ball Hamstring Curls- 3 sets x 16 reps each

Weighted Reverse Stability Lunges - 2 sets x 15 reps/leg each

Stability Glute Bridges (against wall) - 1 set x 25/leg

Upper Body Strength

Beginner

Modified Tempo Push-ups - 3 sets x 6 reps each

Tempo Bent Over Row - 3 sets x 8 - 10 reps each

Arnold Press - 3 sets x 10 - 12 reps each

Tabletop Row (knees on floor) - 2 sets x 12/arm each

Tabletop Tricep Push-ups - 3 sets x 8 reps each

Overhead Tricep Extensions - 2 sets x 20 reps each

Kneeling Bicep Extensions - 2 sets x 60 seconds each

X Hold - 2 sets x 45 seconds each

Intermediate

Tempo Push-ups - 3 sets x 6 reps each

Tempo Bent Over Row - 3 sets x 8 - 10 reps each

Arnold Press - 3 sets x 10 - 12 reps each

Tabletop Row (knees on floor) - 2 sets x 12/arm each

Elevated Tricep Push-ups - 3 sets x 8 reps each

Overhead Tricep Extensions - 2 sets x 20 reps each

Kneeling Bicep Extensions - 2 sets x 60 seconds each

X Hold - 2 sets x 60 seconds each

Advanced

Tempo Stability Ball Push-ups - 3 sets x 6 reps each

Tempo Bent Over Row - 3 sets x 8 - 10 reps each

Arnold Press - 3 sets x 10 - 12 reps each

Tabletop Row (knees off floor) - 2 sets x 10/arm each

Tricep Push-up to Knee Tuck - 3 sets x 8 reps each

Overhead Tricep Extensions - 2 sets x 20 reps each

V Sit Bicep Extensions - 2 sets x 60 seconds each

Front to Back X Hold - 2 sets x 60 seconds each

Lower Body Power

Beginner

Circuit no. 1

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

- A. Paused Banded Bodyweight Squats x 60 seconds
- B. Glute Bridge Marching x 60 seconds
- C. Tabletop Toe Taps x 20/leg
- D. Paused Bodyweight Split Squats x 12/leg

Circuit no. 2

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

- A. Burpees x 6
- B. Bodyweight Alternating Slider Lunges x 60 seconds
- C. Slider Lateral Drives x 40 seconds/side
- D. Modified Dancer Jumps x 10/leg

Intermediate

Circuit no. 1

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

- A. Paused Jump Squats x 45 seconds
- B. Kettlebell Swings x 20 - 30 reps
- C. Burners x 30/leg
- D. Paused Jump Lunges x 6/leg

Circuit no. 2

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

- A. Burpees x 10
- B. Weighted Alternating Slider Lunges x 60 seconds
- C. Slider Lateral Drives x 40 seconds/side
- D. Dancer Jumps x 8/leg

Lower Body Power

Advanced

Circuit no. 1

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

- A. Paused Banded Jump Squats x 60 seconds
- B. Kettlebell Swings x 20 - 30 reps
- C. Banded Burners x 30/leg
- D. Paused Jump Lunges x 10/leg

Circuit no. 2

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

- A. Tuck Jump Burpees x 8
- B. Slider Switch Lunges x 60 seconds
- C. Banded Slider Lateral Drives x 40 seconds/side
- D. Dancer Jumps x 12/leg

HardCore

Beginner

Giant Circuit

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

- A. Plank x 60 seconds
- B. Leg Raises x 60 seconds
- C. Tabletop x 45 seconds
- D. Bodyweight Hip Thrust Pulses x 60 seconds
- E. Plank with Toe Taps x 60 seconds
- F. Modified Side Plank w/ Press x 40 seconds/side
- G. Leg Switches x 45 seconds

Intermediate

Giant Circuit

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

- A. Stability Ball Elbow Drives x 45 seconds
- B. Modified Sprinters x 60 seconds
- C. Tabletop x 60 seconds
- D. Banded Bodyweight Hip Thrust Pulses x 60 seconds
- E. Eagle Wipers x 60 seconds
- F. Side Plank w/ Press x 40 seconds/side
- G. Leg Switches x 60 seconds

HardCore

Advanced

Giant Circuit

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

- A. Around the Worlds x 30 seconds / direction
- B. Sprinters x 60 seconds
- C. Tabletop In and Outs x 60 seconds
- D. Banded Weighted Hip Thrust Pulses x 60 seconds
- E. 90° Eagle Wipers x 45 seconds
- F. Side Plank w/ Press with Foot Elevated x 40 seconds/side
- G. Scissors x 30 seconds



(home) ATHLETE
strengthen & sweat

Strengthen & Sweat

Beginner

Giant Circuit

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

- A. Split Squat to Single-Arm Press x 10/side
- B. Elevated Glute Bridges x 15
- C. Reverse Fly x 20
- D. Spiderman Plank x 45 seconds
- E. Front Ext Hold (BW) w/ Lateral Raise x 10/arm
- F. Bodyweight Curtsy Lunges x 12/leg

Sweat Combo

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

- Bum Kicks x 40
- Bodyweight Plank to Thruster x 6
- Skier Jumps x 12

Intermediate

Giant Circuit

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

- A. Split Squat to Single-Arm Press x 10/side
- B. Stability Glute Bridges x 15
- C. Reverse Fly x 20
- D. Plank w/ Feet on Ball x 60 seconds
- E. Front Ext Hold w/ Lateral Raise x 10/arm
- F. Weighted Curtsy Lunges x 12/leg

Sweat Combo

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

- Mountain Climbers x 40
- Plank to Thruster x 6
- Skier Jumps x 20



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strengthen & sweat

Strengthen & Sweat

Advanced

Giant Circuit

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

- A. Elevated Split Squat to Single-Arm Press x 10/side
- B. Stability Curl to Bridge x 12
- C. Reverse Fly x 20
- D. Spiderman Plank w/ Feet on Ball x 60 seconds
- E. Front Ext Hold w/ Lateral Raise x 10/arm
- F. Curtsy Lunge Combo x 90 seconds

Sweat Combo

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

- Slider Climbers x 40
- Plank to Thruster x 6
- Skier Jumps x 20