



FGF@ Home

farmgirlfit 

WORKOUT EBOOK | WEEK 7

WEEK 7 | A NOTE FROM YOUR COACHES



We're officially over the hump and into the second half of the program — time to turn it up a notch! Now that you're more comfortable with the different movements, and workout structures, we want you to up the intensity. We've started to do some of that for you (e.g. additional reps, an add-on to a particular movement, longer time duration, etc). Even still, there's room for you to decide how the increased intensity is factored: can you move up a Level for certain movements, or maybe you're ready for heavier dumbbells???

YOU get to decide! These are YOUR workouts, and ultimately, only YOU can keep YOU accountable! But we're here to help! If you aren't sure where or how you can push harder, let us know! Maybe you've been feeling under the weather and think you should rest, but feeling guilty about it. There's a delicate balance between pushing yourself, and going too far; between allowing yourself some grace, accepting where you are NOW, and letting that slip into Excuse-Town, USA. We're happy to talk it out and offer suggestions!

Be better today than yesterday,

Jenni & Jaunessa



Jennifer Niemann
Co-Founder



Jaunessa Walsh
Co-Founder

WEEK 7 | MON

Start strong. Finish stronger. #motivationmonday

WARM-UP

Complete 4 rounds of the [Down and Back Warm-Up](#).

THE GRIND

Set your clock for 10:00 and complete as many Rounds and Reps as possible in that time. Then rest for 5:00, before repeating the exact same number of Rounds and Reps, this time trying to finish in LESS than 10:00!

PART 1 – 10 Minute AMRAP

	Level 1	Level 2	Level 3
12 Toe Taps per Side	To a Stair (~6-8")	To a Box (~12")	To a Chair Seat (~18-20")
12 Rear Foot Elevated Lunge (6/Side)	OR: Step Back Lunge DBs Optional	DBs at Sides	DBs in Front Rack
12 Push Press	5-8# DBs	10-15# DBs	20-25# DBs
12 Chopsticks	Modified?		
0:30 Reverse Plank			

Rest, 5 minutes, then

PART 2 – For Time

Level 1	Level 2	Level 3
Repeat the same number of Rounds and Reps that you completed in Part 1.		

RECORD

PART 1 | [Full](#) Rounds Completed + Any Additional Reps _____ PART 2 | Time _____

COOL DOWN

1:00 per side [Pigeon Stretch](#), then 1:00 [Banded Forward Fold](#) (with your Mini-Band)

Today's Grind Goals

Let's start the week off right! One of the best ways we know to do that is with a solid sweat sesh, and today's Grind should fit the bill perfectly! Approach this workout as if we didn't tell you about Part 2. Go after Part 1 as if it's your only workout for the whole day! Then, after 5:00 of rest to recover, and now knowing all the movements with a good feel for the transitions, see if you can complete the same amount of work faster, even 0:01 faster!

Grind Notes & Tips

We've mentioned it before, but want to reiterate: within a workout, how you transition from one exercise to the next can be just as important as doing the actual exercises. Before you begin, visualize how you'll move from one to the next, and make sure your space and equipment are setup for optimal efficiency! Whether you use a stair, box, or chair for your Toe Taps, that will also be a good height to elevate your leg for the Lunges. Where will you set your DBs? How will you transition to the floor for Chopsticks, and back up again? Just. Keep. Moving!

Toe Taps: Choose a height that challenges you a little bit, and really work for quick feet: left, right, left, right until you get all 12 on each leg!

Rear Foot Elevated Lunge: A way to extend the range of motion {and so, up the intensity} on a regular lunge. Revert to a traditional lunge as needed. For these elevated ones, use a stair, box, or chair behind you. Complete all 6 reps on one side before switching to the other leg. **6 per Side = 12 Total.**

Push Press: Remember, this is the Press where you get to use your legs! Just make sure you are pressing the DBs straight up over your shoulders, and not out in front or to the sides.

Chopsticks: Every time your leg comes up = 1 Rep. Complete **12 Total, 6 per Side.**

Reverse Plank: Make sure to keep your head neutral, looking up toward the ceiling, not toward your feet. If Reverse Plank is a no-go for you, alternate rounds doing a 0:30 regular plank and 0:30 banded forward fold stretch from the [Mini-Band Warm-Up](#), actively reaching your arms away from your back.

Pigeon: We've done this before, a stretch for the outside of your hip. Take whichever option works best for you.



WEEK 7 | TUE

No matter how you feel, GET UP, dress up, show up, and never give up! #TabataTuesday #TGUTuesday

WARM-UP

[TABATA Warm-Up](#), obvi! Use our timer, or set your own with 12 TABATA cycles (6:00 Total).

THE GRIND

For today's TABATA, you are going to rotate through the exercises, rather than staying at one for 4:00. Complete 0:20 of Push-Ups, rest for 0:10, then 0:20 of Hand Plank Kick-Backs, rest for 0:10, 0:20 of Double Mt Climbers, rest for 0:10, 0:20 of Squats, rest for 0:10, then back to Push-Ups. **Note the challenge option for the 0:10 of "Rest"!** Continue like that until you complete 8 Rounds, 16:00 total! Then give yourself a couple minutes rest before taking on the TGUs.

PART 1 – Alternating TABATA (8 Rounds)

	Level 1	Level 2	Level 3
Push-Ups	Knees or Chair	Knees Ok	Toes Only
Hand Plank Kick-Backs			
Double Mt Climbers			
Air Squats	Chair?		
* Challenge = Hold a Hand Plank for each of the 0:10 Rest Intervals!			

Rest 2-3 minutes, then

PART 2 – Not for Time – Approx. 10:00-14:00

	Level 1	Level 2	Level 3
Turkish Get-Ups (TGU)	20 Reps (10/Side) Segmented OK	24 Reps (12/Side)	28 Reps (14/Side)

RECORD

TABATA | Air Squat Reps _____ TGU | Weight _____ Reps _____

COOL DOWN

15-20 **Overhead Pass-Thrus** with your Jump Rope, then spend about 4:00 with your lacrosse ball – get into your chest and hips.

Today's Grind Goals The goal with TABATAs is to work as hard as you can for 0:20...it's *only* 0:20, right?!? You can do *anything* for 0:20! Then to recover quickly in the 0:10 of rest, so you can go again! The only reps we're asking you to count are the Air Squats. Just like in the 1:00 "test," we want you to consciously think about **pulling** yourself down, and **pushing** yourself up. Stay in control of your whole body through the whole movement. Pull down, push up, pull down, push up!

Grind Notes & Tips Turkish Get-Ups (TGUs) are a new move for us this week. They are traditionally performed with a kettlebell, so if you have one, go ahead and use it. Some people teach TGUs starting on the ground, working up and then back down. We prefer to start standing and work down, then back up. **These should be performed slowly and under control throughout!** They are one of our all-time favorite full-body exercises!

Push-Ups: Are we feeling more accomplished with these yet? Today it's only 0:20 at a time, and we aren't necessarily keeping count on these reps – QUALITY OVER QUANTITY – fight for every most-perfect rep!

Hand Plank Kick-Backs: Work to the same surface that you're using for Push-Ups, and keep your core tight to protect the lower back. Nothing above your hips moves! If you feel your core starting to fail, stop with the Kick-Backs, but fight to hold the plank for the whole 0:20!

Double Mt Climbers: Again, working to the same surface as for Push-Ups and Hand Plank, hop both feet forward making sure to land flat-footed. Then hop them both back to your plank position. Try to keep moving the whole 0:20!

Air Squats: Feet ALWAYS stay flat to the ground. Think about reaching your hips back as you lower down, keeping a tall upright torso, and your knees behind your toes. Push through your heels to come up to stand. Use a chair behind you as needed.

Turkish Get-Ups (TGUs): Check in with your body at each segment of this movement to make sure you are balanced and under control. If you're finding this move to be tricky, try it without weight—still keep 1 arm straight overhead, punched to the ceiling. Alternately, try it segmented into 2 parts:

Segmented TGUs: You have the option to complete this in 2 parts. Part 1 = the “top” half, or standing portion, and Part 2 = the “bottom” half, or on the floor portion. If you choose this version, you'll do 20, 24, or 28 reps of Part 1, then 20, 24, or 28 of Part 2.

Part 1 = Starts in a standing position with the DB up overhead in one arm. Opposite leg steps back into the lunge, bringing that knee to the floor. Tip to the side to touch your hand down, then come right back to an upright torso, and stand up strong out of your lunge = 1 Rep!

Chair Option: Instead of bringing your hand to the floor, use your stabilized chair on that side (opposite of DB side). Place your free hand to the chair and use it to assist you down into and up out of the lunge.

Part 2 = Essentially a single-arm overhead sit-up. Start in a seated position on the floor (anchor feet as needed), with the DB in one arm up towards the ceiling. Under control, roll your torso down to the floor, keeping your DB arm up towards the ceiling. Then to come back up, use a little momentum and your free arm to assist you in sitting back up nice and tall = 1 Rep!

WEEK 7 | WED

Green Eggs and HAMMIES! {SIDE NOTE: Do green eggs count as vegetables?!?} 🤔

REST DAY OR YOGA

The benefits of yoga are many, and like the Grinds we give you each day, we best like a whole-body approach. But as with the varied exercises we incorporate, different yoga poses target different areas more directly. If you're having trouble wrapping your head around "yoga," focusing on one area of the body is a good way to just start!

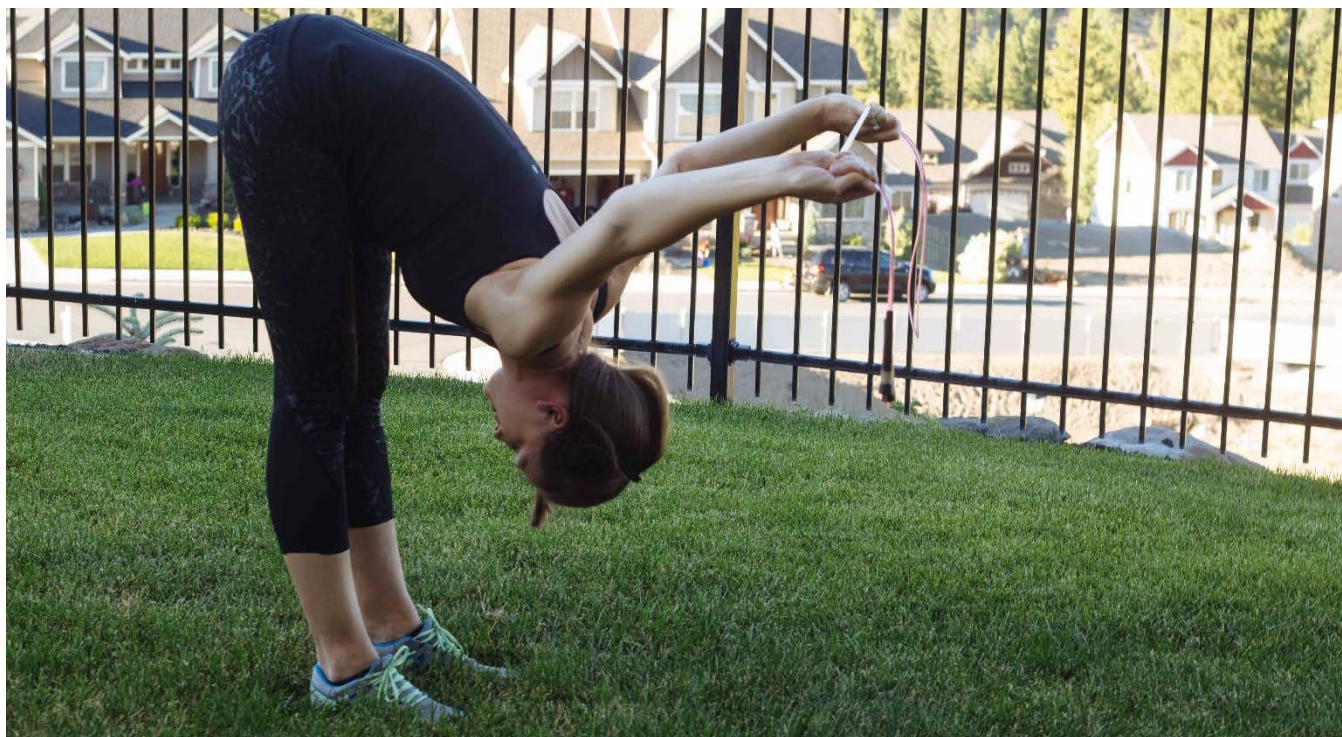
This week we suggest **HAMSTRINGS!** These are big strong muscles, but have become quite tight for many of us because we're runners, we sit at a desk all day, we spend hours in the car driving kiddos to and from, or because we're in a new workout routine activating those muscles in a way we never have. Unfortunately, tight hamstrings are not only uncomfortable in themselves, but can also contribute to knee, hip, and lower back pain. Let's loosen those babies up!

Try [THIS SEQUENCE](#) from Self Magazine.

*NOTE: If you have trouble reaching your toes for the standing poses, loop your mini-band, or even jump rope around your foot instead.

Or try [THIS VIDEO](#) from Yoga with Adriene.

#FGFatHome #FGFYogaLove #happyhammies



WEEK 7 | THU

We don't find time to run. We make time to run. 🏃

WARM-UP

[Inchworm and Plank Warm-Up](#) for today.

THE GRIND

You can choose to do Parts 1 and 2 in either order, and at any point during the day, though we'd recommend this order with about 5:00 rest in between.

PART 1 – 3 Rounds (Not Timed) – Approx. 15:00-18:00

	Level 1	Level 2	Level 3
12 Single-Leg Deadlifts (R)	5-8# DBs	10-15# DBs	20-25# DBs
12 Single Leg Deadlifts (L)	Same	Same	Same
12 SDHP	Same	Same	Same
12 Windmills (R)	One DB	One DB	One DB
12 Windmills (L)	Same	Same	Same
12 Mini-Band Clamshells (R)			In Side Plank
12 Mini-Band Clamshells (L)			In Side Plank
0:30 Banded Wall Sit	Low as you can!	Legs at 90-degrees	Arms Up!

Cool down and rest as needed, then

PART 2 – Interval Run – 14:00-18:00

	Level 1	Level 2	Level 3
Warm-Up	2:00 Walk/Jog	2:00 Jog	2:00 Jog
0:30 Sprint / 0:30 Recovery	10 Rounds = 10:00	12 Rounds = 12:00	14 Rounds = 14:00
Cool Down	2:00 Walk/Jog	2:00 Jog	2:00 Jog

RECORD

Part 1 | Favorite Movement _____ Part 2 | Level _____

COOL DOWN

Spend 0:30 to 1:00 in each: Down Dog → Up Dog → Down Dog → Runner's Lunge (L) → Runner's Lunge (R) → Pigeon (L) → Pigeon (R). Then 2:00 per side **Couch Stretch** after the running.

Today's Grind Goals On Part 1 of today's Grind, we're slowing things down a bit, bringing attention to the fact that increased *intensity* doesn't always have to mean "fast and furious." Sometimes, slowing down, holding positions for a second or two, and moving with intention adds even more intensity than rushing through!

Grind Notes & Tips This is NOT a DB complex. We want to see best effort at each movement, so maybe heavier weights for some movements than others, and possibly breaking up the reps a little bit, not necessarily doing all 12 without stopping. With the Wall Sit, do try to get the whole 0:30 done at once; no breaks until the 0:30 are complete!

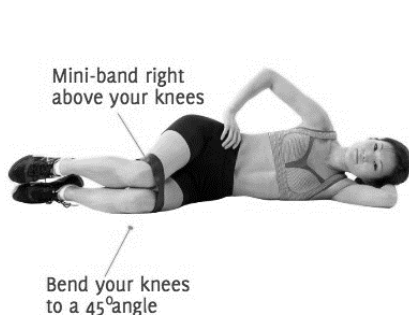
Single-Leg Deadlifts: Ideally holding on to both DBs for this. OPTION: Use one DB, holding it in the hand on the same side as the leg on the ground. Use your other hand on a stabilized chair to provide more balance and assist in achieving full range of motion.

Sumo Deadlift High Pull (SDHP): Ideally, you are using BOTH DBs. If needed, go to 1 DB.

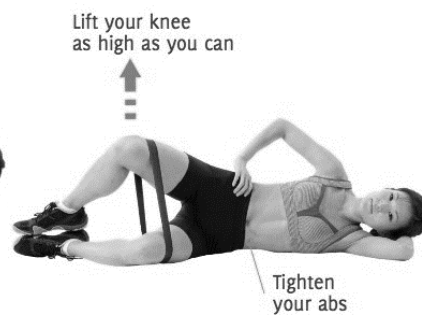
Windmills: Be sure to keep the arm overhead stacked directly over the shoulder, and give yourself a wide enough base with your feet. Hips lead this movement. Keep your core tight, and legs straight as you can without forcing anything!

Clamshells: A repeat from Week 3; this time can you take the Side Plank challenge option? BE SURE to keep your feet together, moving *just* from the hip to open up your knees. Of course, tummy tight and keep the neck and shoulders relaxed! **12 per Side.**

Clams: A



Clams: B



Clams: Side Plank



Wall Sit: We did these in Week 2 in a TABATA format, 0:20 at a time – can you now hold for the full 0:30? Remember, your goal is to have your back and shoulders pressed against the wall with your hips slightly below your knees, while keeping tension on the mini-band. Don't just think about pressing your body into the wall with your legs, but instead think about squeezing (engaging) your core to support your back and hold yourself upright. Sit tall and pretty!

Interval Run: Building on what we did in Week 5. This time, we're upping the time duration (if you choose), and also adding a designated warm-up and cool down period. Remember, you're trying to cover as much distance as you can. During the intervals, make a conscious effort to go AS FAST as you can for 0:30, then slow as much as you need to recover your breathing for the next 0:30.

WEEK 7 | FRI

Luck be a lady! 🎲

WARM-UP

Set your clock for 6:00 for the [Again Faster, then Stretch Warm-Up](#).

THE GRIND

Start your 25:00 clock. Roll the dice, and complete the exercise corresponding to the number rolled (as indicated below). As soon as you finish, roll the dice again and move on to the next exercise! You **cannot do the same thing 3 times in a row**...so if you get the same number twice, that's OK, but if you roll it a 3rd time, just re-roll and move on! Continue for 25:00!

Luck Be A Lady – 25 Minute Dice Game

	Level 1	Level 2	Level 3
1 = 1:00 Jump Rope or 100m Run	Keep it moving!	Keep it moving!	Double Unders?
2 = 2 T-Push-Ups (1/Side)	Chair?	Knees OK	No Knees
3 = 3/Side Flutterkicks		Hold 1 DB at Chest	Hold 1 DB Overhead
4 = 4/Side Reverse Woodchops	5-8# DB	10-15# DB	20-25# DB
5 = 5 Tuck Jumps	OR: High Knee Steps		
6 = 6 DB Squats	5-8# DBs	10-15# DBs	20-25# DBs

RECORD

5's Rolled | Total # of Tuck Jumps _____

COOL DOWN

Repeat the stretches from the warm-up, 0:30-1:00 of each: **Starfish**, **Squat + Hamstring**, **Down Dog** (pedaling out the feet), **Runner's Lunge** (each side).

Today's Grind Goals After a couple hard days, it's time to ease back a little. You're still going to work as hard as you can, but like last week's Deck of Cards, you might enjoy this sweat session just a little more than the "average" Grind. Get your family, neighbor or coworker involved! It's always fun to take turns rolling the dice and doing the work together! 25:00 minutes of work, your pace or mine?

Grind Notes & Tips Have some fun today, but still keeping quick transitions. As soon as you're done with the work, roll the dice again quick! How many rolls of the dice do you think you can get in 25 minutes? Too many to count? Ok, let's just keep track of the number of 5s!

Jump Rope: Work as best you can at jump roping for each 1:00 interval, without any misses. You can mix-up the “style” (singles, skipping, lateral, one-leg, etc.) but just try not to miss. If that’s something you can accomplish fairly easily, then your charge is to work on Double Unders!

100m Run: Choose a short, easily accessible, and safe distance roughly the length of one city block.

T-Push-Ups: Choose a challenging option. It’s only **1 per side, 2 total**.

Flutterkicks: This is the one where your legs go up and down. Tuck your chin toward your chest, and try to bring your shoulders a little off the floor → much harder to do holding onto a DB! **3 per Leg, or think Left + Right = 1 Rep.**

Reverse Woodchops: Imagine chopping wood, except instead of swinging down, you’ll go in reverse – down to up. Try to do all your reps on one side before switching to the other.

Tuck Jumps: A repeat from Week 5. If you did them, we’re certain you remember. This time only 5 at a time. Come on, you can do it! Jump as HIGH as you can, pulling your knees up! The goal is to NOT pause between reps, so as soon as your feet land, you jump straight into the next rep!

No Impact Option: Perform High Knee Steps instead, like marching in place; **5 per leg**.

DB Squats: Remember, DBs are held at your shoulders with your elbows pointed forward like headlights. This will help maintain an upright torso. As with any Squats, use a chair behind you as needed,

WEEK 7 | SAT/SUN

Weekend Work #FGFOutsideSweat

Choose **one** #FGFOutsideSweat day and use the **other weekend day to rest!**

Going along with our theme of making the second half even better than the first, try a **Negative Split Run**, whether you're lacing up to go alone, or have a whole squad to join you!

To run a "negative split" means to finish stronger than you started, run the second half faster than the first. This type of run doesn't quite work on a treadmill, so we encourage you to get outside if at all possible. Plus, getting outside and connecting with the elements is a very primal instinct that we, as humans have lost in many ways. Instead of pounding away on the treadmill indoors, grab a watch or timer and head out!

1. Choose an approximate amount of time to run: 20, 30 or 40 minutes.
2. Head out (on a known path) at a nice steady pace, as soon as you hit the halfway point—10, 15, or 20 minutes—immediately turn around, and try to get back to your start **FASTER**!
3. If you make it back before the 20, 30 or 40 minute mark, you have "gone negative," in the best way!



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