



# The Refine YOU Program

WEEK 3

BEGINNER GYM WORKOUTS





**Day 1**

Active Recovery

## **Workout**

**You could take the day off  
or  
LOW intensity cardio workout  
NOT going above the fat burning zone**

**Biking  
Light Jogging  
Hiking  
Walking  
Yoga  
Stretching  
Core workout  
Foam Roller  
Pilates**



## Workout

### Optional Abs Warm-Up

Cocoons x10

Bottoms Up x10

Overhead Crunches x20

Bicycle Crunches x20

Warm up for 5-10 minutes slow pace with a few minutes of stretching

Intervals on the elliptical, bike, stairs, track, jump rope, boxing, swimming, row machine, or combination of any of these. Other ideas: suicides, combining running forward, backward, side shuffles, karaoke.

**Go as hard as you can 100% effort for 20 seconds then go at a slow pace for 20 seconds and go back and forth between 100% and recovery every 20 seconds for 14 minutes no more than 30 minutes. You can do any time intervals or tabata.**

**OR**

### **Choose a choreographed HIIT workout provided**

(you may also create your own HIIT workout using the HIIT exercise library and choosing exercises and plugging them into the times in the already choreographed HIIT workouts)

GOAL OF HIIT: KEEP YOUR HEART RATE IN THE ANAEROBIC ZONE (80-90% OF MAX HR, MyZONE monitor color Yellow) SO YOU BURN CARBS

**Then do LOWER Intensity cardio for 15-30 minutes doing any of the activities above.**

GOAL OF LOW INTENSITY: KEEP YOUR HEART RATE IN THE AEROBIC ZONE (70-80% OF MAX HR, MyZONE monitor color green ) SO YOU BURN FAT

## Workout

5-10 minutes of walking, jogging, stairs, or elliptical for warm up and some stretching before strength and 5-10 minutes of the same after your strength workout for cool down

### Abs

V-ups knees bent x10

Side V-ups knees bent x10 each side

Russian Twists no weight feet on floorx20

Plank Alternating Hip Drops on feet or knees x20

Plank Until Failure on Hands or Elbows on feet or knees

### Back

Lat Pulldown machine 12-15 reps

Row machine 12-15 reps

Bent over DB flys 12-15 reps

Supermans to failure

### Chest

Chest press machine 12-15 reps

Chest fly machine 12-15 reps

Wall/incline push-ups to failure

### Shoulders

Shoulder press machine 12-15 reps

Lateral Raise machine 12-15 reps

DB Front Raises 12-15 reps

### Biceps

DB Bicep curls 15-20 reps

DB Wide Curls 15-20 reps

DB Hammer Curls 15-20 reps

### Triceps

DB skull crushers 15-20 reps

Tricep Kickbacks 15-20 reps

Tricep dips to failure with knees bent

### Legs

Leg extension Machine 2 sets 15-20 reps

Leg press machine 2 sets 15-20 reps

Leg curl machine 2 sets 15-20 reps

Glute kickback machine 2 sets 15-20 reps

DB squat to bench 20 reps



## **Workout**

**You could take the day off  
or  
LOW intensity cardio workout  
NOT going above the fat burning zone**

**Biking  
Light Jogging  
Hiking  
Walking  
Yoga  
Stretching  
Core workout  
Foam Roller  
Pilates**



## Workout

### Optional Abs Warm-Up

Cocoons x10

Bottoms Up x10

Overhead Crunches x20

Bicycle Crunches x20

Warm up for 5-10 minutes slow pace with a few minutes of stretching

Intervals on the elliptical, bike, stairs, track, jump rope, boxing, swimming, row machine, or combination of any of these. Other ideas: suicides, combining running forward, backward, side shuffles, karaoke.

**Go as hard as you can 100% effort for 20 seconds then go at a slow pace for 20 seconds and go back and forth between 100% and recovery every 20 seconds for 14 minutes no more than 30 minutes. You can do any time intervals or tabata.**

**OR**

### **Choose a choreographed HIIT workout provided**

(you may also create your own HIIT workout using the HIIT exercise library and choosing exercises and plugging them into the times in the already choreographed HIIT workouts)

GOAL OF HIIT: KEEP YOUR HEART RATE IN THE ANAEROBIC ZONE (80-90% OF MAX HR, MyZONE monitor color Yellow) SO YOU BURN CARBS

**Then do LOWER Intensity cardio for 15-30 minutes doing any of the activities above.**

GOAL OF LOW INTENSITY: KEEP YOUR HEART RATE IN THE AEROBIC ZONE (70-80% OF MAX HR, MyZONE monitor color green ) SO YOU BURN FAT

## Workout

5-10 minutes of walking, jogging, stairs, or elliptical for warm up and some stretching before strength and 5-10 minutes of the same after your strength workout for cool down

### Abs

V-ups knees bent x10

Side V-ups knees bent x10 each side

Russian Twists no weight feet on floor x20

Plank Alternating Hip Drops on feet or knees x20

Plank Until Failure on Hands or Elbows on feet or knees

### Back

Lat Pulldown machine 12-15 reps

Row machine 12-15 reps

Bent over DB flys 12-15 reps

Supermans to failure

### Chest

Chest press machine 12-15 reps

Chest fly machine 12-15 reps

Wall/incline push-ups to failure

### Shoulders

Shoulder press machine 12-15 reps

Lateral Raise machine 12-15 reps

DB Front Raises 12-15 reps

### Biceps

DB Bicep curls 15-20 reps

DB Wide Curls 15-20 reps

DB Hammer Curls 15-20 reps

### Triceps

DB skull crushers 15-20 reps

Tricep Kickbacks 15-20 reps

Tricep dips to failure with knees bent

### Legs

Leg extension Machine 2 sets 15-20 reps

Leg press machine 2 sets 15-20 reps

Leg curl machine 2 sets 15-20 reps

Glute kickback machine 2 sets 15-20 reps

DB squat to bench 20 reps



**Day 7**

Active Recovery

## **Workout**

**You could take the day off  
or  
LOW intensity cardio workout  
NOT going above the fat burning zone**

**Biking  
Light Jogging  
Hiking  
Walking  
Yoga  
Stretching  
Core workout  
Foam Roller  
Pilates**