



The Refine YOU Program

WEEK 3

INTERMEDIATE 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

Plank to failure (hands or elbows)
30 Second Right Side Plank (on hands or elbows/Leg up or down)
30 Second Left Side Plank (on hands or elbows/Leg up or down)
Do this 1-2 times through

Chest

Dumbbell Chest Press 2 sets 10-12
Incline Chest Fly 2 sets 10-12
Cable Crossover 2 sets 10-12
Wall/Incline Push ups 2 sets to failure

Triceps

Overhead Cable Bar Tricep Extensions 2 sets 10-12 reps
Cable Bar Tricep Pushdowns 2 sets 10-12 reps
DB tricep kickbacks 2 sets 10-12 reps

Legs

Leg Press Machine 2 sets 10-12
Leg Curl Machine 2 sets 10-12
Glute Kick back Machine 2 sets 10-12
DB Squats 2 sets 10-12
Sumo Squats 2 sets 10-12



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Do this 1-2 times through

Biceps

DB bicep curl 2 sets of 10-12
DB Hammer curl 2 sets of 10-12
Incline wide curls 2 sets of 10-12

Back

Assisted Pull-up Machine 2 sets 10-12 reps
Lat Pulldown Machine 2 sets 10-12 reps
Row Machine 2 sets 10-12 reps
Bent over DB Flys 2 sets 10-12 reps
Back hyperextension Machine 2 sets 15
Supermans 2 sets 30 seconds

Shoulders

DB shoulder press 2 sets 10-12
DB Front raises 2 sets 10-12
DB Lateral Raises 2 sets 10-12



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30 Second Left Side Plank (on hands or elbows/Leg up or down)

Do this 1-2 times through

Legs

Leg Press Machine 2 sets 10-12 reps

Calf Raises on Leg Press Machine 2 sets 10-12 reps

Leg Extension Machine 2 sets 10-12 reps

Leg Curl Machine 2 sets 10-12 reps

DB Squats to bench 2 sets 10-12 reps

DB Reverse Lunges 2 sets 10-12 reps

Glute Kickback Machine 2 sets 10-12 reps

Inner thigh Machine 2 sets 10-12 reps

Outer thigh Machine 2 sets 10-12 reps

Fire hydrant 30 seconds each leg

Glute Kickback 30 seconds each leg