



# The Refine YOU Program

WEEK 3

INTERMEDIATE HOME WORKOUTS





## **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  
OR  
TRX Plank on Elbows to failure  
TRX In and Out x10  
TRX Standing hip drops 10 each side  
1-2 times through

### Chest

DB Floor chest press 3 sets 10-12 reps OR  
TRX Chest press  
DB chest flys 3 sets 10-12 reps OR TRX  
Chest flys  
Chair or Wall push ups 3 sets of 10

### Triceps

DB skull crushers 3 sets 8-10 reps OR  
TRX Tricep extension  
Close Grip db press 3 sets 8-10 reps  
Tricep Push ups 3 sets to 10

### Legs

Sumo Squats 3 sets 10-12 reps each leg  
Curtsy Lunges 2 sets 10-12 reps per leg  
Calf Raises 2 sets 20 toes forward, in, and out  
Fire hydrant 30 seconds each leg  
Glute Kickback 30 seconds each leg  
Fire Hydrant with Kick 30 seconds each leg  
Glute kickback with extension 30 seconds each leg



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TRX In and Out x10  
TRX Standing hip drops 10 each side  
1-2 times through

### Biceps

DB Bicep Curls 2 sets 10-12 reps OR TRX  
Bicep Curls  
DB wide curl 2 sets 10-12 reps  
Bent over row with bicep curl 2 sets each  
10 reps

### Back

Bent over DB rows 2 sets 10-12 reps OR  
TRX Rows  
Bent over Reverse Flys 2 sets 10-12 reps  
Bent Arm Pullover 2 sets of 10-12 reps OR  
TRX Lat pulls  
Supermans 2 sets holding 30 seconds  
Reverse snow angels 2 sets 10 reps

### Shoulders

DB Shoulder Press 2 sets 8-10  
Front Raise 2 sets 8-10  
Lateral Raises 2 sets 8-10



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OR

TRX Plank on Elbows to failure

TRX In and Out x10

TRX Standing hip drops 10 each side  
1-2 times through

### Legs

Goblet Squats 2 sets 10-12

Step ups 1 sets 12-15 each

Alternating Forward Lunges 1 sets 10-12

Sissy Squats 2 sets 10-12 OR TRX Sissy squats

Sumo Squats 2 sets 10-12

DB Deadlifts 2 sets 15

1 leg Deadlift 2 sets 10 each OR TRX deadlifts

Calf Raises toes forward, toes in, and toes out  
15-20 each

Bridges 2 feet on ground with or without  
weight 2 sets 10 OR TRX Bridges

Bridges 1 foot on ground 2 sets 10 each side  
with or without weight OR TRX 1 leg bridges