



The Refine YOU Program

PELTON WORKOUT TEMPLATE



Day 1

Active Recovery

Active Recovery Peloton Workouts

**You could take the day off
or**

**LOW intensity cardio workout
NOT going above the fat burning zone**

Peloton Rides: Any Length "Recovery Ride," "Beginner Ride," "Low Impact Ride" other rides you will need to be mindful of your effort and it might be difficult to do lightly.

Running: Any Length "Fun Run" or music themed run but you need to be mindful of your effort. Should be a walk to a light jog.

Strength: Any Length Core Class

Stretching: Any Length, Any Stretching Class

Walking: Any Length, Any Walking Class

Yoga: Any Length, Any Yoga Class

Meditation: Any Length, Any Meditation Class



Peloton Cardio Workouts

Warm up for 5-10 minutes

Ride: Any 5-10 Minute "Warm-Up Ride"

Treadmill/Outdoors: Any 5-10 minute "Warm-Up Treadmill Class, Walking Class

Stretching: Any 5-10 minute Pre-Run Warm up Class or Full Body Stretching Class

HIIT Workout (at least 15 minutes no longer than 30 minutes)

Ride: Any 15-30 minute "HIIT Ride," "Tabata Ride," "Interval and Arms Ride" (Instead of arms just keep riding)

Run: Any 15-30 Minute "HIIT" or "Intervals" Run Followed by a 15-30 minute "Fun Run"

Boot Camp: any 45-60 minute Boot Camp class with half of the class running intervals.

Cardio: Any 15-30 minute HIIT Cardio Class

After HIIT Workout (at least 15 minutes and no longer than 30 minutes to make your total cardio workout 30-60 minutes total)

Aerobic Class keeping pace slower and intervals at less intensity

Ride: Any 15-30 minute Themed Ride, Pop Ride, Decade Ride, Recovery Ride, Beginner Ride, Rock Ride, or Low Impact Ride

Run: Any 15-30 minute Fun Run or Themed Run

Boot Camp: The strength portion counts as the lower intensity

Walk: Any 15-30 minute walking class

Optional add-on: You can add on a 10 minute arms toning or 10 minute core class

HIIT: KEEP YOUR HEART RATE IN THE ANAEROBIC ZONE (80-90% OF MAX HR or working hard enough where you cannot say more than a few words at a time.

Aerobic cardio: 70-80% of max HR. You should be sweating and breathing hard but able to say a sentence.



Day 3

Strength

Upper Body or Chest and Back Peloton Strength Workouts

Warm up for 5-10 minutes

Ride: Any 5-10 Minute "Warm-Up Ride"

Treadmill/Outdoors: Any 5-10 minute "Warm-Up Treadmill Class, Walking Class

Stretching: Any 5-10 minute Pre-Run Warm up Class or Full Body Stretching Class

Strength Workout

You can choose any combination of "Upper Body" or "Chest and Back" classes on the Peloton App to add up to 30 min or more of heavy work. Optimally, for upper body strength you should do Chest and Back one day, and then Arms and Shoulders the other day to ensure you hit all muscle groups. The "upper body" workouts can be unpredictable to which muscle groups are hit in these workouts. You can combine one "upper body" class with a "chest and back" class this day.

Keep in mind that the first 3-5 minutes of most Peloton Strength classes are a warm up and does not count as heavy work which is why I recommend 30 minutes or more. You can choose two 20 minute classes, one 30 minute class, one 15 minute class and one 20 minute class, etc. Also, you can simply pause a class at the end of a set to perform one or two more sets of the same exercises on your own to lengthen the class. You can also take the same class two times in a row for added sets (fast forwarding the instructions).

For more advanced level workouts, during the rests and during descriptions, add more reps or add in another set while the instructor is talking.

With all of your strength workouts, you should be lifting heavy enough so toward the end of your set, you are almost to failure. You should not be able to do another 10 reps after that set is done. If you can, you need to add more weight.

Optional Add-On: Any Length Core Class



Day 4

Strength

Upper Body or Arms Peloton Strength Workouts

Warm up for 5-10 minutes

Ride: Any 5-10 Minute "Warm-Up Ride"

Treadmill/Outdoors: Any 5-10 minute "Warm-Up Treadmill Class, Walking Class

Stretching: Any 5-10 minute Pre-Run Warm up Class or Full Body Stretching Class

Strength Workout

You can choose any combination of "Upper Body" or "Arms and Shoulders" classes on the Peloton App to add up to 30 min or more of heavy work. Optimally, for upper body strength you should do Chest and Back one day, and then Arms and Shoulders the other day to ensure you hit all muscle groups. The "upper body" workouts can be unpredictable to which muscle groups are hit in these workouts. You can combine one "upper body" class with a "arms and shoulders" class this day.

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Optional Add-On: Any Length Core Class



Active Recovery Peloton Workouts

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**LOW intensity cardio workout
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Running: Any Length "Fun Run" or music themed run but you need to be mindful of your effort. Should be a walk to a light jog.

Strength: Any Length Core Class

Stretching: Any Length, Any Stretching Class

Walking: Any Length, Any Walking Class

Yoga: Any Length, Any Yoga Class

Meditation: Any Length, Any Mediation Class



Day 6

Cardio

Peloton Cardio Workouts

Warm up for 5-10 minutes

Ride: Any 5-10 Minute "Warm-Up Ride"

Treadmill/Outdoors: Any 5-10 minute "Warm-Up Treadmill Class, Walking Class

Stretching: Any 5-10 minute Pre-Run Warm up Class or Full Body Stretching Class

HIIT Workout (at least 15 minutes no longer than 30 minutes)

Ride: Any 15-30 minute "HIIT Ride," "Tabata Ride," "Interval and Arms Ride" (Instead of arms just keep riding)

Run: Any 15-30 Minute "HIIT" or "Intervals" Run Followed by a 15-30 minute "Fun Run"

Boot Camp: any 45-60 minute Boot Camp class with half of the class running intervals.

Cardio: Any 15-30 minute HIIT Cardio Class

After HIIT Workout (at least 15 minutes and no longer than 30 minutes to make your total cardio workout 30-60 minutes total)

Aerobic Class keeping pace slower and intervals at less intensity

Ride: Any 15-30 minute Themed Ride, Pop Ride, Decade Ride, Recovery Ride, Beginner Ride, Rock Ride, or Low Impact Ride

Run: Any 15-30 minute Fun Run or Themed Run

Boot Camp: The strength portion counts as the lower intensity

Walk: Any 15-30 minute walking class

Optional add-on: You can add on a 10 minute arms toning or 10 minute core class

HIIT: KEEP YOUR HEART RATE IN THE ANAEROBIC ZONE (80-90% OF MAX HR or working hard enough where you cannot say more than a few words at a time.

Aerobic cardio: 70-80% of max HR. You should be sweating and breathing hard but able to say a sentence.



Day 7

Strength

Leg Day Peloton Strength Workouts

Warm up for 5-10 minutes

Ride: Any 5-10 Minute "Warm-Up Ride"

Treadmill/Outdoors: Any 5-10 minute "Warm-Up Treadmill Class, Walking Class

Stretching: Any 5-10 minute Pre-Run Warm up Class or Full Body Stretching Class

Strength workout

You can choose any combination of "Lower Body" or "Glutes and Legs" classes on the Peloton App to add up to 30 min or more of heavy work. Keep in mind that the first 3-5 minutes of most Peloton Strength classes are a warm up and does not count as heavy work which is why I recommend 30 minutes or more.

You can choose two 20 minute classes, one 30 minute class, one 15 minute class and one 20 minute class, etc.

Keep in mind, you can simply pause a class at the end of a set to perform one or two more sets of the same exercises on your own to lengthen the class. You can also take the same class two times in a row for added sets (fast forwarding the instructions).

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