



The Refine YOU Program

WEEK 5
INTERMEDIATE GYM WORKOUTS



Day 1

Recovery

Workout

**You could take the day off
or
LOW intensity cardio workout
to target fat .**

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



Day 2

Cardio

Workout

Abs: Side plank with dips x10 each side

V-ups x15

Bear Crawl Shoulder taps x20

Do this 1-2 times through

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

"Sprints" 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 OR 30 seconds on 30 sec off OR Tabata 30 sec on 15 sec off... any interval combination for 16 minutes total no more than 30 minutes

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 WE BURN ALL THE CARBS

Then do **LOW Intensity cardio for 20-30 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 WE BURN FAT



Day 3

Strength

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 knees in x10 total
Plank Knees across body x10
Plank knees out x10
Get up sit ups x10 each side
Bottoms up x10
Do this 1-2 times through

Chest

Incline Push ups to failure
Chest Fly Machine 2 sets 12-15
Chest press machine 2 sets 12-15
Incline DB chest press with Pulse at bottom 2 sets 12 -15
Decline DB Chest Press with pulse at the bottom 2 sets 12-15
Push Ups to failure

Triceps

Bar Skull Crushers straight to Close grip press 2 sets 12-15 each
Cable 1 arm Tricep extension 2 sets 12-15
Cable Rope Tricep pushdown 2 sets 12-15

Glutes

Bridges with feet on bench 2 sets x10 with weight
1 leg bridges with feet on bench 2 sets x10 each leg with weight or TRX 1 leg bridges hold for 3 sec at the top each rep
1 leg Deadlift 2 sets 12 each side
Clam raises 30 sec each side



Day 4

Recovery

Workout

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

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



Day 5

Strength

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

Ball knees In x15
Ball Side crunch x15 ech side
Ball crunches x15
Ball Roll outs x10
Do this 1-2 times through

Biceps

Cable Bicep curls 2 sets 12-15
Concentration hammer curls 2 sets 12-15
DB wide bicep curls bottom half x10 Top half x10

Back

Reverse Snow angels to failure (may use weights)
Row Machine 2 sets 12-15 holding for 3 seconds each time
Lat Pulldown 2 sets 12-15 holding for 3 sec each time
Assisted Pull ups 2 sets 10
Hyperextension machine 2 sets 12-15
1 arm Cable row 2 sets 12-15
Reverse snow angels to failure

Shoulders

DB shoulder Press 2 sets 12-15
Front Raise-Lateral raise 2 sets 12-15



Day 6

Cardio

Workout

Abs: Side plank with dips x10 each side

V-ups x15

Bear Crawl Shoulder taps x20

Do this 1-2 times through

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

"Sprints" 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 OR 30 seconds on 30 sec off OR Tabata 30 sec on 15 sec off... any interval combination for 16 minutes total no more than 30 minutes

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 WE BURN ALL THE CARBS

Then do **LOW Intensity cardio for 20-30 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 WE BURN FAT



Day 7

Strength

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 knees in x10 total
Plank Knees across body x10
Plank knees out x10
Get up sit ups x10 each side
Bottoms up x10
Do this 1-2 times through

Legs

Leg curl Machine 2 sets 12-15 holding for 3 sec each rep
Leg extension machine 2 sets 12-15 holding for 3 sec each rep
Leg press Machine 2 sets 12-15
Walking lunges 2 sets 20
Squats 10-2-10
With lighter weight do 10 sumo squats, 10 squats feet shoulder width apart, 10 squats with feet together, then do 9 sumo 9 shoulder width 9 feet together, then 8.8.8, then 7.7.7 reps of each all the way down to 2.2.2 then back to 10.10.10 one more time
Calf Raises with Weight x10 toes forward x10 toes pointing out x10 toes pointing in 2 sets