



Project Me – Intermediate Workout Program

For additional core work, add 100 Sit Ups and 100 slow crunches every morning and every night.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	25 Minute Jog @ 70% Max HR	Cardio/Band Interval	40 Min Jog @ 75% Max HR	3 Sets of 12 Recovery Lift	Cardio Ab Rounds	20 Min Any Cardio and 15 Min Stretching
Week 2	3 Sets of 15 Stacked Lifting	Cardio/Band Interval	40 Min Jog @ 75% Max HR	Cardio Tone in Place	Sprint Cardio/Ab Interval	15 Minutes Stretching
Week 3	2 Sets of 8 Recovery Lift	Leg Intervals	40 Min Jog @ 80% Max HR	Tabata Set Full Body	Cardio Ab Round - 2 Rounds	
Week 4	3 Sets of 8 Stacked Lifting	60 Minutes Any Cardio @ 75% Max HR	Cardio Tone in Place	Sprint Intervals - 1 Minute	50 Abs	Leg Intervals



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 5	3 Sets of 15 Recovery Lift	Accelerating Sprint Intervals Plus 100 Sit Ups & 100 Oblique Crunches	Free Weight Sprint Interval	30 Minutes Any Cardio @ 75% Max HR	Weight Room Ab Interval	Century Workout
Week 6	40 Min Jog @ 75% Max HR	4 FAST sets of 12 Stacked Lifting	Cardio/Band Interval but use weights	30 Minutes Any Cardio @ 75% Max HR	Tabata Set Abs	Weight Room Intervals
Week 7	3 Set of 8 Recovery Lift w/ Jog in between each group	Sprint Intervals - One Minute	Chest/Butt Abs in Weight Room	30 Min Walk/Jog for Recovery	Sprint Cardio/Ab Interval	Cardio Tone in Place
Week 8	3 Sets of 5 Stacked Lifting & Sprint Intervals - One Minute	Century Workout	Cardio Ab Round & 1 Sprint Interval - Street	40 Min Jog @ 75% Max HR	Weight Room Ab Interval	
Bonus Week!	3 Sets 5 Recovery Lift & Sprint Intervals - One Minute	Leg Intervals	Chest/Butt Abs in Weight Room	30 Min Walk/Jog for Recovery	Cardio/Band Interval	Tabata Set Full Body



Workout Descriptions

Cardio Band Interval: Equipment needed – Exercise Band

<u>Exercise</u>	<u>Explanation</u>
<i>4min Cardio</i>	Any Cardio; Jogging outside, biking, treadmill, elliptical etc. Repeat cardio or change each time.
<i>20 Bicep Curls</i> <i>4min Cardio</i>	Band underneath feet. Both arms extended w/ palms up. Curl arms up. Full extension each time.
<i>20 Military Press</i> <i>4min Cardio</i>	Band under one foot. Arms in goal post position (90 degrees over your head). Extend arms straight up. Squeeze stomach to protect back. Return to start position.
<i>20 Tricep Push Backs</i> <i>4min Cardio</i>	Band under both feet. Palms facing backwards. Straight arms entire time. Push band backwards and hold squeeze 2 seconds.
<i>20 Rows</i> <i>4min Cardio</i>	Wrap band around tree or pole facing tree. Extend arms straight in front of you, band taught. Pull band back w elbows up like rowing a boat.
<i>20 Shoulder Raises alt front and side</i> <i>4min Cardio</i>	Band under one foot. Straight arm raise forward (not above horizontal). Bring down. Straight arm raise to side (not above horizontal).
<i>20 Chest Press</i> <i>4min Cardio</i>	Wrap band around tree or pole facing away. Arms raised to shoulder height at 90 degree angle. Push or extend arms straight forward.
<i>20 Squats</i>	Band underneath feet. Hold handle in each hand up by shoulders.



Recovery Lift: Equipment Needed – Free Weights, Weight Room, or Exercise Bands

Three exercises are grouped together to equal 1 Set. Go to Group One. Do each 3 exercises 10 times. That will be one set. Move to Group Two and then to Group Three. Repeat for a total of 3 sets.

<u>Exercise</u>	<u>Explanation</u>	<u>Alternate Equipment: If you don't have access to weights YOU can use bands or do alternate exercise below.</u>
GROUP 1:		
<i>Hamstring Curls</i>	Laying on stomach curl weight by bending at knees. Try to get heels to your butt. If you don't have a weight, have a partner resist your legs	Squats raising toes up (can sit if you want)
<i>Pull Ups</i>	Use an assisted pull up machine if needed. If you don't have access to a pull up machine or bar, do Mtn push ups	Mtn Push Ups
<i>Regular Bicep Curls</i>	When doing 10+ reps, do both arms at a time. When doing heavier weight and less than 10 reps, sit and do one arm at a time.	Bi curls w the band
GROUP 2:		
<i>Weighted Single Leg Lunge</i>	Hold one barbell in each hand. Balance on front foot w/ back foot up on a bench or chair. Bend front knee to a 90 degree angle. Make sure your foot does not go over your toe.	Use band for weight if you want
<i>Tricep Dips (on machine)</i>	Same machine as assisted pull up. If you don't have access, just do straight leg tricep dips on a chair.	Tri Dips on the chair
<i>Reverse Flies</i>	Bend at the waist 90 degrees w/ a straight back, head looking forward. Barbell in each hand straight down by knees. Extend arms outwards like wings.	Flies w/ the band
GROUP 3:		
<i>Weighted Calf Raises</i>	If you have access to a weighted calf machine, use it. If not, hold a barbell in each hand and full extend through the ankle to a full toe point	
<i>Bench Press</i>	Remember to keep your arms an equal distance apart from the middle. If you don't have access to a bench, use free weights.	Chest Press around tree w/ band
<i>Lat Pull Downs</i>	Arms extended overhead. Pull both arms down to 'goal post 90 degree arms'. If you don't have access to a machine, use a band.	Lat Pull downs w/ band



Cardio Ab Rounds: Equipment needed – None

One round will take about 15 minutes. Complete 3 Rounds.

<u>Exercise</u>	<u>Explanation</u>
<i>15 Sit ups</i>	Full Sit Ups
<i>15 Burpees</i>	Start standing up. Drop down to the ground. Stand back up. Add jump at top if you can.
<i>15 Mason Twists</i>	Sit in same lean back position as in and outs. Twist shoulders side to side and try to touch hands to each side as you go.
<i>15 Squat Jacks</i>	Do normal jumping jack but bend legs in out position down to a plie squat position. Explode out of the bottom position
<i>15 Toes to Heaven</i>	Lay on back hands underneath seat and legs extended. Lift toes straight up towards sky working lower abs.
<i>16 Squat Thrusts to Sides</i>	Start standing up. Bend and put hands on the ground. Jump both feet out to the left to a sideways push position. Return to center and stand. Repeat on right side. (8 on each side)
<i>15 Straddle V Ups</i>	Lay flat on your back. Lift legs while apart in straddle. Lift upper body like a sit up - at same time lift legs and reach through the center of your legs. Return to start.
<i>15 Tuck Jumps</i>	Standing. Jump up and pull your knees up towards your chest.
<i>15 Pelvic Tilts</i>	Lay on your back knees bent, ft on floor. Roll your pelvis upwards, squeezing your butt; toes up and squeeze your TVA. Engage lower abs.
<i>15 Hollow Roll to Push Ups</i>	Lay on back. Sit up and roll over your feet and reach out into a push up position. Do a push up. Go back over your feet and roll down to laying again.
<i>This equals 1 Round</i>	



Stacked Lifting: Equipment needed – Free weights or weight room

Three exercises are grouped together to equal 1 Set. Go to Group One. Do each 3 exercises 10 times (or whatever amount of reps listed on the calendar for that day). That will be one set. Move to Group Two and then to Group Three. Repeat for a total of 3 sets.

Exercise	Explanation	Alternative if no weights available
GROUP 1:		
<i>Single Leg Step Ups W/ Weight</i>	Free weight in each hand. Step up onto bench or stair. Tap other leg to bench or stair and step back down on the same leg. Repeat all reps on one leg and then move to the other	Same step up w/ no weight
<i>Dead Lift</i>	Use bar if you have access to one; otherwise use free weights. Start w arms hanging down straight. Bend at waist keeping back straight and chest out and head up. Slowly let weight drop down the length of your leg and then lift back up to start position	Single leg dead lift no weight
<i>Leg Press Machine</i>	Remember not to let knees go over toes. If you don't have access to Press Machine, do weighted deep squats	Squats w/ back pack on
GROUP 2:		
<i>Seated or Standing Rows</i>	Use bar if you have access to one; otherwise use free weights. Start w arms hanging down straight and bend at waist almost 90 degrees. Keep back straight and chest out and head up. Slowly pull the weights up towards your belly button keeping chest out and return to the start position.	Soup Can Reverse Flies
<i>Tricep Extension (Cable Pull)</i>	Glue upper arms and elbows to your rib cage. Bend elbows at 90 degree. Extend and push arms straight. Make sure to get them to a full 180. Return to 90 degrees.	Tricep Dips
<i>Kettle Bell Swings</i>	Slight plié squat; weight hanging in between legs held by both arms. Use pelvic swing and full body to swing KB in front of your eyes. KEEP CORE TIGHT	Squat Jumps touching floor and then reaching over head
GROUP 3:		
<i>Pectoral Flies</i>	Lay on ball or bench w/ weights in each hand, arms over your body, and weights over your shoulders. Open arms in a soft bend outwards towards floor; bring back to start position.	Wide Push Ups
<i>Rotating Bi Curls</i>	Start curl w/ thumbs forward (hammer curl) as you bring the weight up, rotate in so your palm side is facing your body. At the top of the curl rotate your hands in so pinkies are closer to your face.	Partner Bi Curls or Bottom Barrel Tricep push ups (Tri Push up form w/ elbows in by ribs. Drop so that chest is one inch above the floor, push up half way and return to bottom.
<i>Military Press</i>	Start in goal post arm position, tummy tight. Press weights over head to a straight up position. Return to start.	Mtn Push Ups
OPTIONAL GROUP:		
<i>Bench Press</i>		
<i>Decline Bench</i>		
<i>Incline Bench</i>		



Cardio Tone in Place: Equipment needed – None

<u>Exercise</u>	<u>Explanation</u>
<i>4 Minute jog in place</i>	
<i>30 Push Ups</i>	Most importantly try to get your chest within one inch of the ground w/o arching your back.
<i>200 Jumping Jacks</i>	
<i>30 Push Up Plank Knee Crunches</i>	Push up position. Lift one leg and bend at knee bringing it up towards your head. Do 30 on one side and the other.
<i>2x30 Squat Jumps</i>	Keep chest up. Bend at knees to touch hands to the floor. Explode through legs and jump up.
<i>30 Tricep Push Ups</i>	Push up position but have hands right underneath shoulders. Drop down to a push up but keep elbows back and rub along ribs. Use triceps to push back up.
<i>200 Toe Touch Hops</i>	Lift one leg and touch your toe w/ the opposite hand. Jump and switch.
<i>30 Lunges W/ Back Leg up (Each Leg)</i>	Back leg propped up. Bend down keeping your chest up. Front knee should not exceed 90 degrees. Complete 30 on each leg.
<i>20 Burpees</i>	Start standing up. Drop down to the ground. Stand back up. Add jump at top if you can.
<i>30 Mountain Push Ups</i>	Go to push up position and bring hands and ft together so your butt is in the air. Bend 90 degree angles at elbows focusing on your lats. Drop down towards your nose,
<i>30 Speed Squatters</i>	Stand w/ both legs together. Push to the left and hop onto your left leg. When you land, bend your left knee and try to touch your right arms to your left toe. Explode directly to the right onto the right leg bending down touching left hand to the right foot.

Sprint Cardio Ab Interval: Equipment needed - None

15-20 Minutes Once Through

<u>Exercise</u>	<u>Explanation</u>
<i>30 Sec Sprint/1 min walk</i>	Get to 95% on your cardio and recover on your minute walk.
<i>20 standing Oblique Crunches</i>	Stand up w/ arms by ears at head. Lift tall. Open to the left and crunch right elbow to right knee. All 20 on one side and then all 20 on the other side.
<i>30 Sec Sprint/1 min walk</i>	
<i>20 V Ups</i>	Sit on bottom legs bent together in front of you. Lean back and balance legs up. 'Open' or extend legs out while leaning back and return to start.
<i>30 Sec Sprint/1 min walk</i>	
<i>20 Side Laying V Ups</i>	Lie on one sit bent almost 90 degree at hips. Bottom arm down in front of you to use as assistor. Top arm bent and place behind ear. Fold in half at waist and lift bottom half and top half at same time bringing top elbow to knee.
<i>30 Sec Sprint/1 min walk</i>	
<i>20 Sit Ups</i>	Full Sit Ups
<i>30 Sec Sprint/1 min walk</i>	
<i>40 Mason Twists</i>	Sit in same lean back position as in and outs. Twist shoulders side to side and try to touch hands to each side as you go.



Leg Intervals: Equipment needed – None

Jog for a total of 3 miles at your preferred pace. Along the way, stop to do 15 of an exercise and catch your breath. Continue process of jogging and stopping at your comfortable level.

<u>Exercise</u>	<u>Explanation</u>
15 of each exercise	
<i>Regular Squats</i>	Feet shoulder width apart. Toes forward. Sit Back into your heels
<i>Plié Squats</i>	Feet wide toes out. Squeeze your butt. Bend down keeping chest up.
<i>Walking Lunge Left</i>	Step forward w/ your left leg into a lunge. Step together. Step on left leg again.
<i>Walking Lunge Right</i>	Step forward w/ your right leg into a lunge. Step together. Step on right leg again.
<i>Front Leg Lifts</i>	Stand tall, core in and bottom leg straight. Lift Right leg straight slowly to the front. Repeat on Left side
<i>Side Leg Lifts</i>	Repeat above but lift leg out to the side feeling the side of the butt
<i>Back Leg Lifts</i>	Repeat above but lift leg straight back squeezing hamstrings
<i>Standing Leg Extension</i>	Stand tall on one leg. Lift your leg bent to a 90 degree angle. Extend foot straight out. Repeat on other leg
<i>Calf Raises - Toes Straight, In and Out</i>	Stand on both feet. Raise up onto your toes lifting through your calves. 15 w/ your toes straight. 15 w/ your heels in and toes out (like ballet). 15 w/ your heels out and your toes in (pigeon toed)
<i>Single Leg Squats</i>	Toes forward; lift one leg slightly. Sit back into your base leg as much as possible. 15 each leg.

Tabata Set – Full Body: Equipment needed – Tabata Timer App on your phone is helpful

This is a muscle sprint. You are going to do an exercise for 20 seconds as HARD as you can. Then rest for 10 seconds. Repeat this cycle with that same exercise 8 times. The total for the exercise is 4 minutes. That muscle group should be totally depleted by end.

<u>Exercise</u>	<u>Explanation</u>
<i>Push Ups</i>	Start on toes if you can. Go to modified when needed
<i>Squat Jumps</i>	Bend at knees to touch ground. Keep chest up. Push through quads and jump up reaching for sky.
<i>Tricep Dips</i>	Sit on chair. Hands on seat. Move forward off chair. This is start position. Bend at elbows to 90 degree angle keeping back close to the chair.
<i>Lunge Hops</i>	Step forward on one leg to 90 degree single leg lunge. Step back to start position. Repeat on other leg. If you can, jump from one leg to the other.
<i>Sit Ups</i>	Full sit ups



One Minute Sprint Intervals: Equipment needed – None

<u>Exercise</u>	<u>Explanation</u>
<i>1 Min Sprint HARD</i>	Run as fast as you can for one minute. If outside, just go as fast as you can; your body will give out. If on treadmill, set 3 higher than you're used to. (Maybe an 8 or higher.)
<i>1 Min Walk</i>	Walk and recover. Breathe as best as you can to recover in one minute. If on treadmill go at a 3 or 4.
<i>Repeat above 10x for total of 20 min</i>	First 3 or 4 sprints may be ok, but they will get more difficult. Your speed on last 5 sprints will decrease.

50 Abs: Equipment needed – None

Complete 50 of each of the ab exercises total. You can break down sets as small as you like. Focus on good form so small sets are better. Complete as quick as you can and record your time for comparison in the future.

<u>Exercise</u>	<u>Explanation</u>
<i>Sit Ups</i>	Full Sit Ups
<i>Sit Back Side to Side</i>	Start sitting up and lean back as far as you can with control and no back pain. Tilt one shoulder down towards the ground. Repeat on the other side. Must do both sides to equal one rep
<i>Froggy In & Outs</i>	Sit on bottom legs bent and lifted up; lean back. Reach in between knees to grab feet and then lean back and extend legs out. Repeat.
<i>Side to Side Crunches</i>	Lay on back. Lift shoulders engaging top abs. Lean one shoulder in and then the other. Must do both sides to equal one rep
<i>Leg Drops</i>	Lay on back hands underneath seat and legs extended. Drop legs down to floor. Keep them straight. Bring back to sky.
<i>Oblique Drops</i>	Standing hands down by side. Engage TVA. Drop arms from one side to the other keeping TVA tight
<i>Bicycles</i>	Lay on back hands behind your ears legs extended out. Move one elbow towards opposite knee while bringing that knee up; switch.
<i>V Ups</i>	Sit on bottom legs bent together in front of you. Lean back and balance legs up. 'Open' or extend legs out while leaning back and return to start. Keep legs straight if you can.



Accelerating Sprint Intervals: Equipment needed – None

	<u>Exercise</u>	<u>Explanation</u>
2 Minute Accelerating	<i>30 sec jog at your comfortable pace</i>	This is your BASE pace. Estimate if outside. If on treadmill go at your normal jog pace. At each interval increase by 1 level.
	<i>30 sec run at BASE +1</i>	
	<i>30 sec run at BASE +2</i>	
	<i>30 sec run at BASE +3</i>	
	<i>30 sec run at BASE +2</i>	
	<i>30 sec run at BASE +1</i>	
	<i>30 sec run at BASE +3</i>	
	<i>30 sec run at BASE</i>	
	<i>Walk for 2 minutes</i>	
	<i>30 Push Ups</i>	This is to break down your chest which will affect next sprint
	<i>30 Lunges each leg</i>	This is to break down your legs which will affect next sprint.
	<i>REPEAT 3X</i>	



Free Weight Sprint Interval: Equipment needed – 3-8lb Weights

	<u>Exercise</u>	<u>Explanation</u>
<i>2 Minute Accelerating</i>	30 sec jog at your comfortable pace 30 sec run at BASE +1 30 sec run at BASE +2 30 sec run at BASE +3	This is your BASE pace. Estimate if outside. If on treadmill go at your normal jog pace. At each interval increase by 1 level. THIS IS YOUR CARDIO THAT WILL BE REPEATED IN BETWEEN EXERCISES
<i>2 Minutes Decelerating</i>	30 sec run at BASE +3 30 sec run at BASE +2 30 sec run at BASE +1 30 sec jog at your comfortable pace	
	2x15 Push Ups	
	REPEAT CARDIO	
	2x15 Bicep Curls	w/ free weights
	REPEAT CARDIO	
	2x15 Military Press	w/ free weights
	REPEAT CARDIO	
	2x15 Tricep Extensions	w/ light free weight. Hold extension back for 3 seconds
	REPEAT CARDIO	
	2x15 Bent Over Rows	w/ light free weight. Make sure your chest is out
	REPEAT CARDIO	
	2x15 Shoulder Raises Front	w/ free weight. Don't raise above horizontal
	REPEAT CARDIO	
	2x15 Shoulder Raises Side	w/ free weight. Don't raise above horizontal
	REPEAT CARDIO	
	2x15 Tricep Dips	



Weight Room Ab Interval: Equipment needed – Exercise Ball, 5-10lb Dumbells

***If you don't have a weight room - alternate between the cardio equipment you do have.

<u>Exercise</u>	<u>Explanation</u>
4 min jog	Any Cardio; ie jogging outside, biking, treadmill, elliptical etc. Repeat cardio or change each time.
25 each standing Oblique Drops w/10lbs	Standing hands down by side. Engage TVA. Drop arms from one side to the other keeping TVA tight.
4 min Row Machine	
2x15 Pullovers on Ball	Lay on back on ball, head not fully supported. Lift 5 or 10 lb free weight over your head. Bend arms to 90 degree at elbow and drop arms back over your head. Bring arms back up and crunch slightly at the top.
4 min Elliptical	
2x15 Decline Sit Ups	Use decline machine. Start sitting all of the way up. Sit back as far as you can (it is correct to go all of the way down if it does not put pressure on your lower back). Sit back up. ***If no decline, do regular sit ups
4 min Bike	
2x15 Ball Roll Ins	Lay chest down on the ball. Roll out to a plank position where your knees are on the ball. Pull the ball in so it touches your shoelaces. Then roll back out to your knees.
4 min Stair Stepper	
2x15 Back Extensions w/ 10lbs	Lay chest down on the ball. Roll out so your hips are against the ball. If available, put your feet against a wall or something to hold them in place. Lay over the ball and then straighten back out using your lower back
2x15 V Ups	Sit on bottom legs bent together in front of you. Lean back and balance legs up. 'Open' or extend legs out while leaning back and return to start.

Century Workout: Equipment needed – Pull Up bar optional

Complete 100 of each of the following exercises total. You can break down sets as small as you like. Focus on good form so small sets are better. Complete as quick as you can and record your time for comparison in the future.

<u>Exercise</u>	<u>Explanation</u>
<i>Run 1 mile</i>	This is a warm up. Go your own pace.
<i>Push Ups</i>	If you can do 5 or more regular push ups at a time; do ALL this way. Make the sets as small as you want to complete full range of motion push ups.
<i>Tricep Dips</i>	Try to complete all dips without modification
<i>Lunges w/ Back Leg up</i>	Back leg propped up. Bend down keeping your chest up. Front knee should not exceed 90 degrees. Complete 100 on each leg.
<i>Pull Ups (assisted if needed)</i>	If you do not have access to a pull up machine or bar; do Mountain Push Ups. (Go to push up position and bring hands and feet together so your butt is in the air. Bend 90 degree angles at elbows focusing on your lats.)
<i>Full Sit Ups</i>	Full Sit Ups
<i>Jog Another Mile</i>	This will be difficult but you are going to cool down with a full mile. The first half of the mile will be hard, but it will loosen up your muscles.



Tabata Set – Abs: Equipment needed – Tabata Timer App on your phone is helpful

This is a muscle sprint. You are going to do an exercise for 20 seconds as HARD as you can. Then rest for 10 seconds. Repeat this cycle with that same exercise 8 times. The total for the exercise is 4 minutes. That muscle group should be totally depleted by end.

<u>Exercise</u>	<u>Explanation</u>
<i>In and Outs</i>	Sit on bottom legs bent together in front of you. Lean back and balance legs up. 'Open' or extend legs out while leaning back and return to start.
<i>Mountain Climbers</i>	Push up position. Step one leg towards your hand then switch.
<i>Leg Drops</i>	Lay on back hands under seat and legs straight up to sky. Drop legs down towards floor (inch above floor) and pull back up to start position.
<i>Bicycles</i>	Lay on back hands behind your ears legs extended out. Move one elbow towards opposite knee while bringing that knee up; switch.

Chest/Butt/Abs in Weight Room: Equipment needed – Bar w/65-85lbs

There are only 3 exercises. Repeat all three for 1 round. Must complete 10 rounds. This routine is about form and FULL RANGE of MOTION

<u>Exercise</u>	<u>Explanation</u>
<i>8 Dead Lifts</i>	Preferably a heavier weight (65 - 85)
<i>10 Push ups</i>	Hands on barbells and still try to touch your chest at the floor
<i>12 Knees to Elbows or Leg Drops</i>	If you have access to a bar, hang and try to bring your feet towards your hands or knee up to your elbows. This is a difficult lower ab exercise. If you don't have a bar you can do leg drops