

4-WEEK PAMELA REIF WORKOUT PLAN

FULL URL: [HTTPS://THEFITNESSPHANTOM.COM/EVENING-GYM-ROUTINE-WITH-PDF](https://thefitnessphantom.com/evening-gym-routine-with-pdf)

This program involves training three times a week (on alternate days, such as Monday, Tuesday, and Wednesday).

It includes at least 1-2 exercises for every body part so that you can [focus on the entire body](#) in each session.

It is a fully [equipment-free workout plan](#); all you need is a little space and motivation to get fit and strong.

Brief Summary about Pamela Reif workout routine:

- Sessions/Week: Three
- Duration/Session: 30-45 minutes
- Workout Goal: Build muscle and strength and improve flexibility
- Target Gender: Female
- Difficulty Level: Beginner
- Program Duration: 4 Weeks
- Exercise Type: Bodyweight
- Equipment Needed: None

Monday: Full Body Workout

Round 1: Warm-up

- Perform **Jumping Jacks** followed by **Walk Down to Plank** for 30 seconds each. Repeat twice, then rest for 30 seconds. Move to the next exercise.

Round 2: Legs & Glutes

- 15-20 **Bodyweight Squats**
- **Squat with Cross-Elbow** (10 reps per side)
- [Curtsy Lunges](#) (8-10 reps per leg)
- **Jump Twists** (8-10 twists on each side)
- Repeat, then rest for 30 seconds.

Round 3: Core & Back

- Slow Bicycle Crunches (6-8 reps per side)
- **Crunches with Legs Lifted Up** (8-10 reps)
- **Slow Mountain Climbers** (30 seconds work or 10 reps per side)
- **Forearm Plank** (30-45 seconds Hold)
- **Superman** (8-10 reps)
- Two rounds for time. Rest for 30 seconds, then move to the last round.

Round 4: Cool Down & Stretch

- **Squat with Overhead Stretch** (10 reps per side)
- **Left & Right Hip Stretch** 10 reps on each side
- **Good Morning** (10-12 reps)

Wednesday

Round 1: Cardio & Legs

- [Squat Jump](#): 10-12 reps
- **Jumping Jacks**: 30 seconds
- **Plank Jacks**: 10-15 reps
- **Squat with Side Leg Lifts**: 10 reps per side
- **Squat Jumps**: 10-12 reps
- **Push Ups**: 10-12 reps
- **Up & Down Plank**: 10 reps per side
- [Glute Kickback](#): 10-12 reps
- **Side Plank Knee to Elbow**: 10 reps per side
- Rest for 1-2 minutes

Round 2: Upper Body & Abs

- **Superman**: 10-12 reps
- **Superman Row**: 10-12 reps
- **T Rotation**: 10 reps per side
- **Push Ups on Knees**: 10-15 reps
- **Inner Leg Lift**: 10 reps per side
- **Side Plank Leg Lift**: 10 reps per side
- **T Rotation**: 10 reps per side
- **Superman**: 10-15 reps
- **Forearm Plank**: 1-minute
- Rest for 1-2 minutes

Round 3: Full Body

- [Single Leg Glute Bridge](#): 10 reps per side
- **Glute Bridge**: 10-15 reps
- **Reverse Crunches**: 10-15 reps
- **Roll INs**: 10-15 reps
- **Floor Dips**: 10-15 reps
- **Reverse Plank**: 45-second
- **Flutter Kicks**: 15-20 reps
- **Toe Taps**: 10 reps per side
- **Floor Dips**: 10-15 reps

- **Triceps Push-ups on Knees:** 10–15 reps
- **Crossbody Mountain Climber:** 30 seconds

Friday

Round 1: Full Body

- **High Knees:** 30 seconds
- **Squats to Curtsy Lunges:** 10 squats with 5 lunges per side
- **Side Squat to Jump:** 5–6 reps per side
- **Squat Hold:** 30 seconds
- **Wide Push Ups (on knees):** 10–15 reps
- **Side to Side Ab Jump (in a high plank position):** 10 reps per side
- **Plank T-Rotation:** 10 reps on each side
- **Plank to Jump Squat:** 10–12 reps
- Rest for 1–2 minutes

Round 2: Full Body

- **High Knees:** 30 seconds
- **Curtsy Lunge to Side Squat:** 6–8 reps per leg
- **Side Squat Jump:** 6–8 jumps on each side
- **Outer Thigh Lift (Standing Leg Abduction):** 10 reps per side
- **Narrow Push Ups:** 10–15 reps
- **Plank Hand Walk:** 30 seconds
- **Spider Elbow Plank:** 8–10 reps per side
- **Superman:** 10–12 reps
- **Superman Row:** 10–12 reps
- **Superman Hold:** 30 seconds
- Rest for 1–2 minutes

Round 3: Abs & Glutes

- **Crunches:** 10–12 reps
- **Crunches with Leg Lift:** 10–12 reps
- **Jack Knife:** 10–12 reps

- **Boat Pose:** 30 seconds
- **High Knees:** 30 seconds
- **Single-leg Knee Kicks:** 8-10 reps per side
- **Twisting Jump:** 8-10 reps per side
- **Squat Hold:** 30 seconds
- **Single Leg Glute Bridge:** 8-10 reps per side
- **Isometric 1-leg Glute Bridge:** 15-second hold per side
- **Glute Walk Out:** 30 seconds
- **Russian Twist:** 10 twists per side
- **Sitting Ab Hold (Torso up, feet on the floor):** 30 seconds
- **Jack Knife:** 10-12 reps
- **Boat Pose:** 30 seconds
- **Forearm Plank:** 30 seconds

Pamela Reif's Upper-Lower Split with Weights

This Pamela Reif's workout routine includes dumbbell exercises and is great for those who want to put on mass while getting stronger.

It is a 5-day split with 2 sessions each for the upper and lower body and one for the abs.

The weekly schedule you'll follow during this program:

- **Monday:** Chest & Arms
- **Tuesday:** Lower Body
- **Wednesday:** Back & Shoulders
- **Thursday:** Lower Body
- **Friday:** Abdominals
- **Saturday:** OFF
- **Sunday:** OFF

Do a quick warm-up for 2-3 minutes before starting the main workouts.

I've got a list of [dynamic stretches](#) and [bodyweight cardio](#) you can use to increase your body temperature and prepare your muscles for the main exercises.

Monday: Chest & Arms

Circuit 1:

- **Close-Grip Dumbbell Chest Press (Bridge Position):** 10-15 reps
- **Dumbbell Chest Fly (Hip Lifted):** 10-15 reps
- **Overhead Dumbbell Press:** 10-15 reps
- **Dumbbell Around the World:** 10-12 reps
- Take a rest for one minute, then repeat 2-3 times.

Circuit 2:

- **Tricep Kickbacks:** 10-15 reps
- **Alternate Dumbbell Bicep Curls:** 10 reps per arm
- **Overhead Tricep Extensions:** 12-15 reps
- **Tricep Dips (on the bench or floor):** 15-20 reps
- Perform 2-3 rounds with 1-2 minutes of rest in between.

Circuit 3:

- **Dumbbell Pullover:** 10-12 reps
- **Reverse Grip Dumbbell Chest Press:** 12-15 reps
- **Hammer Curls:** 12-15 reps
- **Reverse Biceps Curls:** 12-15 reps
- Perform 2-3 rounds with 1-2 minutes of rest in between.

Tuesday: Thighs & Booty

Use the dumbbells wherever you can.

Circuit 1: Booty

- **Straight Leg Pulses:** 10 reps on each side
- **Donkey Kicks:** 10 reps per leg
- **Glutes Lift:** 10-15 reps
- Rest for 1 minute

Circuit 2: Thighs

- **Dumbbell Squats:** 15-20 reps
- **Dumbbell Squat Pulses:** 20-30 pulses
- **Jump Squats:** 10-12 reps
- Rest for 1 minute

Circuit 3: Glutes & Thighs

- **Dumbbell Sumo Squats:** 15-20 reps
- **Sumo Squat Pulses:** 20-30 pulses
- **Squat Hold with Side-to-Side Squeeze:** 10 reps per side
- Rest for 1 minute

Circuit 4: Quadriceps

- **Narrow Squats:** 15-20 reps
- **Narrow Squat Pulses:** 20-30 pulses
- **Squat Jumps:** 10-12 reps
- Rest for 1 minute

Circuit 5: Thighs

- **Stiff Leg Deadlifts:** 10-12 reps
- **Good Morning + Squat:** 8-10 reps
- **Squat Hold with Hip Abduction:** 30 seconds
- Rest for 1 minute

Circuit 6: Thighs

- **Stiff Deadlifts:** 10–12 reps
- **Weighted Squats:** 15–20 reps
- **Squat Pulses:** 20–30 pulses
- **Jump Squats:** 10–12 reps
- Rest for 1 minute

Circuit 7: Glutes

- **Weighted Glute Bridges:** 12–15 reps
- [Glute Bridge Pulses:](#) 20–30 pulses
- **Glute Bridge Hold:** 30 seconds
- **Single Leg Glute Bridges:** 10 reps per side
- **Glute Bridge Hold:** 30 seconds

Wednesday: Back & Shoulders

Circuit 1: Back

- **Dual-arm Bent Over Rows:** 12–15 reps
- **Single-arm Dumbbell Row:** 12 reps per side
- **Lying Superman Row or Elbow Drive:** 15–20 reps
- **Reverse Dumbbell Fly:** 12–15 reps
- Perform 2–3 rounds with 1 minute rest in between.

Circuit 2: Shoulders

- **Overhead Press:** 12–15 reps
- **Front Raises:** 12–15 reps
- **Lateral Raises:** 12–15 reps
- **Dumbbell Shrug:** 12–15 reps
- Perform 2–3 rounds with 1 minute rest in between.

Thursday: Lower Body

Circuit 1: Quads

- **Dumbbell Goblet Squats:** 15–20 reps

- **Dumbbell Front Lunges:** 10 reps per leg
- [Dumbbell Leg Extension:](#) 15-20 reps
- Rest for 2 minutes, then repeat.

Circuit 2: Hamstrings & Calves

- **Single-leg RDL or Stiff Leg Deadlifts:** 10 reps per side
- [Lying Dumbbell Leg Curls:](#) 15-20 reps
- **Single-leg Glute Bridge:** 10 reps per side
- **Single-leg Calf Raises:** 15-20 reps per leg
- Rest for 2 minutes, then repeat.

Circuit 3: Glutes

- **Dumbbell Hip Thrust:** 15-20 reps
- **Dumbbell Frog Pump:** 15-20 reps
- **Bodyweight Glute Kickback:** 10-12 reps per side
- **Fire Hydrant:** 15-20 reps on each side
- Rest for 2 minutes, then repeat.

Friday: Abdominals

Circuit 1:

- **Dumbbell Sit Up (Partial Lift):** 10-15 reps
- **Dumbbell Crunches (Lifting Full Upper Body):** 10-12 reps
- **Seated Leg Raises:** 10-15 reps
- **Reverse Crunches:** 10-15 reps
- Rest for 1 minute, then repeat.

Circuit 2:

- **Russian Twist:** 10 twists per side
- **Boat Pose (Holding a dumbbell):** 15-20 seconds hold
- **Side Plank Pose:** 15-20 seconds hold per side
- Repeat twice without resting.

Circuit 3:

- **Plank Drag:** 10 reps per side
- **High to Low Chop:** 10 reps on each side
- **Bird Dog Lifts:** 6-8 lifts per side
- Repeat twice without resting.

Frequently Asked Questions (FAQs)

Can You Build Muscle and Get Toned with This Plan?

Yes, the program involving weight training is more effective for building muscle and [getting toned](#). All you need is to consume a little fewer calories than your body needs over a period of time.

What About Diet – Does She Pair Workouts with Specific Eating Plans?

Her workout provides better results when you also follow a balanced meal plan. She promotes whole foods, high protein, veggies, and mindful eating.

How Long Until I See Results From Her Workouts?

It takes 4-8 weeks of consistent training to see noticeable changes, such as improvement in endurance or more definition in the abs or backside. Weight loss or muscle gain heavily depends on diet. So, you must focus on both meals and workouts to achieve your fitness goal faster.