Week 5 | Goal: Stay Healthy

Gym Days: 5 (pick whichever 5 days of the week you can work out)

HILL SPRINTS
Try hill sprints to kick up your cardio routine. As a general guide, treadmill incline should be somewhere between a 4% and a 10% grade, and sprint speed should be between 7.5 and 10 mph. The level of intensity here varies. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

- Warm-up: 2 mins / Zone 1
- Warm-up: 1 min / Zone 2
- High-incline power walk: 1.5 mins / Zone 4
- High-incline sprint: 1.5 mins / Zone 5
- Rest interval: 3 mins / Zone 2
- High-incline power walk: 1.5 mins / Zone 4
- High-incline sprint: 1.5 mins / Zone 5
- Cooldown: 2 mins / Zone 2
- Cooldown: 1 min / Zone 1

Stretching: 5 mins

Warm-ups

Shoulder Circles
30 secs each direction

Neck Rotations
5 reps each side

Good Morning Stretch
5 reps

Stretch Session

Hamstring Stretch
Hold 30 secs each side

Glute Stretch
Hold 45 secs each side

Lying Abduction Stretch
Hold 30 secs each side

Biceps Stretch
Hold 45 seconds

Get more workout tips + ideas at the Gold's Gym Strength Exchange.

Quote of the Week:
"If it’s potato chips in, it’s potato chips out. You eat garbage, you’re probably going to perform like garbage."
— Laird Hamilton
The Gold’s Gym 12-Week Personal Transformation Plan

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DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

MENU

CLASS DAY

Focus: Balance, Flexibility and Strength

Attend a Pilates class (1 hour).

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CARDIO AND STRENGTH

This challenging strength routine, which is punctuated with cardio sessions, works the arms, legs and core.

CARDIO SESSION 1 (1 time, before circuits)
Warm up for 3 mins at an easy pace on the treadmill or elliptical.

Circuit 1 (3 times; rest 1 min at end of each circuit)

WALKING LUNGE — 10 reps each leg
Stand tall with your feet together. Take a large step forward with your right leg. Drop into a lunge, bending both knees to 90 degrees. Keep your torso upright with your chest up and shoulders back. Maintain your balance. Step forward and bring your feet together. Take another step forward with your left leg.

DUMBBELL LATERAL RAISE — 10 reps
Grab a pair of dumbbells and let them hang at your sides with your palms facing your body. Stand tall. Keeping your elbows slightly bent, raise your arms straight out to the sides until they’re at shoulder level. Pause, then lower the weights back to the starting position.

DUMBBELL BICEPS CURL — 10 reps
Grab a pair of dumbbells and stand up straight with a tight torso. Allow the dumbbells to hang at arm’s length with palms facing forward. With feet shoulder-width apart, bend your elbows to curl the dumbbells upward to your shoulders. Pause for a second and slowly allow the weights to return to the starting position. Completely straighten your arms and repeat.

CARDIO SESSION 2 (1 time, between circuits)

JUMP ROPE — 5 mins
Use a rope that when folded in half reaches from your shoulders to the floor. Grip the handles and allow your arms to hang at a 45-degree angle at your sides. Step over the rope so that it’s hanging behind your feet. Use your wrists and hands to swing the rope over your head. Try not to move your arms much, if possible. As the rope comes toward your feet, jump slightly (called a skip) by pushing off the balls of your feet onto your toes.

See more on next page »

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CARDIO AND STRENGTH

CONT.

Circuit 2 (3 times; rest 1 min at end of each circuit)

SINGLE-ARM STANDING CABLE REVERSE FLY — 10 reps each side
Stand next to an adjustable cable machine so that it is on your right. Hold the D-handle attachment with your left hand, palm facing your right oblique. Keep your left elbow tight to your side. Rotate your left shoulder by bringing the handle across your body until your arm is almost extended, then return to the starting position. Switch sides and repeat.

STEP-UP WITH DUMBBELLS — 10 reps each side
Stand behind a box or exercise bench. Hold a dumbbell in each hand at your sides and place your right foot on the box. Shift your weight onto your right leg to step onto the box. Keep the help from your left leg to a minimum. Finish by stepping onto the box with your left leg. Step your left leg down. Do all reps with your right leg, switch sides, then repeat.

TRICEPS DUMBBELL KICKBACK — 10 reps each side
Kneel over one side of a weight bench by placing the right knee and right hand on the bench. Position the left leg slightly back and to the side with the left foot firmly planted on the floor. The torso should be parallel to the floor. Grab a dumbbell with the left hand with an overhand grip, and position the elbow at your side so the upper arm is parallel to the floor. Now extend the left arm to full extension by contracting the triceps.

CARDIO SESSION 3 (1 time, between circuits)

JUMP ROPE — 5 mins
Use a rope that when folded in half reaches from your shoulders to the floor. Grip the handles and allow your arms to hang at a 45-degree angle at your sides. Step over the rope so that it’s hanging behind your feet. Use your wrists and hands to swing the rope over your head. Try to not move your arms much, if possible. As the rope comes toward your feet, jump slightly (called a skip) by pushing off the balls of your feet onto your toes.

JUMPING JACKS — 5 mins
Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump your feet out to the sides. Immediately, reverse the movement and jump back to the starting position. Repeat for all reps.

See more on next page »

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**CIRCUIT 3 (3 times; rest 1 min at end of each circuit)**

**PLANK** — Hold for 45 secs

Lie facedown with your elbows directly beneath your shoulders. Raise your torso into the air until your body is a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold this position for the desired amount of time.

**SIDE PLANK WITH TWIST** — 10 reps each side

Lie on your side and position yourself on your bottom elbow and the side of your bottom foot. Lift your hips off the ground so your body forms a straight line from your shoulders to your feet. Brace your abs and squeeze your butt. Take your top arm and sweep underneath and slightly behind you. Your torso will twist forward; make sure to pivot your feet. Bring your arm back to the starting position as your body straightens out. Finish the rep with your shoulders square and your arm pointed toward the ceiling. Do all reps, switch sides and repeat.

**Stretching:** 5 mins

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**STRETCH SESSION**

- **QUAD STRETCH**
  Hold 30 secs each side

- **SCORPION**
  Hold 45 secs each side

- **STRAIGHT-LEG CALF STRETCH**
  Hold 30 secs each side

- **OVER-UNDER SHOULDER STRETCH**
  Hold 30 secs each side

- **CAT-CAMEL**
  15 reps

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WEEK 5

**Goal: Stay Healthy**

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**CARDIO**

Do 20 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 1-min warm-up at Zone 1, then maintain an exertion level between Zone 3 and Zone 4. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

**STRENGTH TRAINING**

**RESISTANCE-TRAINING CIRCUIT (2 rounds; rest 1 min at the end of each round)**

Try this bootcamp-style resistance-training workout. Do these exercises in a circuit; that is, do 1 set of an exercise, then move on to the next exercise. The key is to keep your heart rate high by constantly moving, but make sure to rest as instructed between sets.

**OVERHEAD DUMBBELL SQUAT**

Hold a pair of dumbbells directly above your head at about shoulder-width apart. Your feet should be shoulder-width apart, too. Maintain a tight core, and begin to lower your hips by pushing them back, and then bending your knees. Make sure the dumbbells remain directly above your head during the entire movement. At the bottom of the movement, your knees should be at about 90 degrees. Pause for a second, and then push through your heels back to the starting position. Repeat until all prescribed reps are completed.

*Round 1:* 10 reps  
*Round 2:* 12 reps

**STRAIGHT-ARM LAT PULLDOWN**

Sit at a lat pulldown station and grab the bar with an overhand grip that's just beyond shoulder width. Your arms should be completely straight and your torso upright. Pull your shoulder blades down and back, and bring the bar to your chest. Pause, then return to the starting position.

*Round 1:* 10 reps  
*Round 2:* 12 reps

See more on next page »

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GO NOW
**WEEK 5**

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### DAY 1

#### STRENGTH TRAINING

**PUSHUP WITH MEDICINE BALL**
Grab a medicine ball and place it on the ground. Get in the standard pushup position with one hand on the floor and the other hand on top of the medicine ball. Your body should be in a straight line with your legs straight and toes pointing into the ground. Keeping your core tight, slowly lower yourself toward the ground. Make sure to keep your elbows tucked in close by your sides so they make a 45-degree angle with your torso. Once your chest nearly touches the ground, pause, and then press back up to the starting position. Roll the medicine ball beneath the other hand and perform the same movement. Repeat for the prescribed number of reps.

- **Round 1:** 5 reps each side  
- **Round 2:** 8 reps each side

#### STEP-UPS WITH DUMBBELLS

Stand behind a box or exercise bench. Hold a dumbbell in each hand at your sides and place your right foot on the box. Shift your weight onto your right leg to step onto the box. Keep the help from your left leg to a minimum. Finish by stepping onto the box with your left leg. Step your left leg down.  Do all reps with your right leg, switch sides, then repeat.

- **Round 1:** 10 reps each side  
- **Round 2:** 12 reps each side

#### KETTLEBELL SWING

Hold a single kettlebell with both hands, using an overhand grip and keeping your feet shoulder-width apart. Bend your knees slightly while pushing your hips backward, pushing your chest out and hinging your torso until it is parallel with the floor. Explosively push your hips forward while squeezing your glutes, letting the momentum from this movement propel the kettlebell, not by using your arms.

- **Round 1:** 10 reps  
- **Round 2:** 12 reps

See more on next page »


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DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
MENU

STRENGTH TRAINING

HOVERING SITUP
Start by sitting with your feet and upper back off the ground and knees bent toward your chest, placing your hands behind your head for support and balance. Make sure not to pull at your neck. Tighten your abs and straighten your legs out completely while leaning back, touching your lower back to the ground while making sure that your shoulders remain in the air. Use your abs to crunch up and return to the starting position, repeating for the desired number of repetitions.

Round 1: 12 reps
Round 2: 15 reps

Stretching: 5 mins

STRETCH SESSION

HAMSTRING STRETCH
Hold 30 secs each side

GLUTE STRETCH
Hold 45 secs each side

LYING ABDUCTION STRETCH
Hold 30 secs each side

BICEPS STRETCH
Hold 45 secs

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GO NOW
WEEK 5

Goal: Stay Healthy

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CARDIO

Do 60 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. The level of intensity here varies. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

Warm-up: 10 mins / Zone 3

Interval Cycle 1 (repeat 5 times)

2 mins / Zone 4
3 mins / Zone 2

Interval Cycle 2 (repeat 5 times)

1 min / Zone 5
2 mins / Zone 2

Cooldown: 5–10 mins at an easy pace

Stretching: 5 mins

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

STRETCH SESSION

QUAD STRETCH
Hold 30 secs each side

SCORPION
Hold 45 secs each side

STRAIGHT-LEG CALF STRETCH
Hold 30 secs each side

OVER-UNDER SHOULDER STRETCH
Hold 30 secs each side

CAT-CAMEL
15 reps

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GO NOW
**WEEK 5**

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### STAY HEALTHY MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Egg-white omelet made with 2 egg whites, 3 ounces of ground chicken, 1/2 tomato, fresh oregano, 1/2 cup dandelion greens, and 2 tbsp olive oil. On the side, have 1 gluten-free waffle with 1 tbsp real butter. 576 Cal.</td>
<td>Toast 2 slices of gluten-free toast and top with 1 tbsp of almond butter. On the side have 1 cup fresh blueberries and 1 cup nonfat milk. 412 Cal.</td>
<td>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup of almond milk. 577 Cal.</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Grill one 4-ounce chicken breast with your choice of fresh herbs. Pair with a baked yam, leaving the skin on and adding 1 tbsp of butter. On the side, prepare 1 cup of turnip greens light with 1 tbsp olive oil. 485 Cal.</td>
<td>5 ounces tuna in a wrap made with 1 tbsp of nonfat mayo, celery, red onion, lettuce, sprouts, and a slice of low-fat cheddar. 450 Cal.</td>
<td>Cook 5 ounces of ground chicken. Place on a gluten-free tortilla with 1 slice of melted mozzarella, 1 slice jack cheese, 1/2 cup marinara sauce, chopped broccoli, and pineapple (like a pizza). On the side, have a small green salad with 1 tbsp Italian dressing. 553 Cal.</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>1 slice of low-fat Swiss cheese. 1 whole nectarine. 145 Cal.</td>
<td>1 cup of low-fat Greek yogurt with 1 cup strawberries and 1/3 cup crushed walnuts. Drizzle 1 tbsp of honey over the top. 435 Cal.</td>
<td>1 orange. 1/3 cup walnuts. 237 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Sauté one 4-ounce lamb or grass-fed beef burger patty in 1 tbsp grapeseed oil. On the side, have 1 cup black beans with herbs, and a small to medium-size green salad with cucumber and jicama. Top with 2 tbsp vinaigrette. 652 Cal.</td>
<td>Broil one 4-ounce pork chop. On the side, have 1/2 cup brown and wild rice mixture, 1 cup sautéed broccoli with jalapeno or serrano chili peppers (at your level of spice preference), and 1/2 cup fresh blueberries. 472 Cal.</td>
<td>Prepare a salad with 2 cups of fresh chopped veggies of your choice. Add 5 ounces of tuna and 1 cup of cooked quinoa. Top with 2 tbsp light vinaigrette dressing. 487 Cal.</td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td>1858 Calories</td>
<td>1769 Calories</td>
<td>1854 Calories</td>
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</tbody>
</table>

* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
# The Gold’s Gym 12-Week Personal Transformation Plan

## WEEK 5

### Goal: Stay Healthy

**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

### STAY HEALTHY MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>2 egg whites sautéed with spinach and 1 tbsp olive oil. 1 cup of high-fiber cereal with 1 cup nonfat milk and 1 cup blueberries. 487 Cal.</td>
<td>1 cup of low-fat Greek yogurt with 1/3 cup almonds, 1 cup of gluten-free high-fiber cereal, 1 cup blackberries and 1 tbsp honey. 585 Cal.</td>
<td>1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit. 450 Cal.</td>
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<tr>
<td><strong>LUNCH</strong></td>
<td>Turkey sandwich made with 5 ounces of sliced turkey, 1/2 sliced avocado, tomato, lettuce, and hot mustard on 2 slices of gluten-free bread. On the side, have 1 peach with the skin left on. 548 Cal.</td>
<td>One 4-ounce low-sodium ham sandwich on gluten-free bread with 1 slice of low-fat melted Swiss cheese, lettuce, and hot mustard. On the side, have 1 cup of veggie and brown rice soup (homemade, or choose low-sodium version). 405 Cal.</td>
<td>Grill one 3-ounce chicken breast and place on 1 slice of gluten-free bread. Top with 1 slice of low-fat Swiss cheese and 1/2 cup of marinara sauce. On the side, steam and chop 2 cups of asparagus. 363 Cal.</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>2 tbsp of hummus dip with 12 to 15 carrots and zucchini sticks. 85 Cal.</td>
<td>1 orange. 1/3 cup walnuts. 250 Cal.</td>
<td>1 cup red grapes. 1/2 cup sunflower seeds. 192 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Grill one 4-ounce NY strip steak. On the side, have 1 cup of sautéed white cabbage, 1 cup of asparagus, handful of red grapes, and 1 cup of quinoa mixed with chopped jalapenos (at your level of spice preference). 658 Cal.</td>
<td>6-ounce broiled wild salmon. Sauté asparagus in grapeseed oil and garlic. Have 1/2 cup low-fat Greek yogurt with dill and garlic. 465 Cal.</td>
<td>Bake 6 ounces of white fish. On the side, have 1 cup of mashed cauliflower with jalapeno and 1 tbsp of olive oil. 1 cup brussels sprouts sautéed in 1 tbsp grapeseed oil. 1 cup of raspberries with 1 cup almond milk. 711 Cal.</td>
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### TOTAL CALORIES

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<td>1778 Calories</td>
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