## WEEK 6

### Goal: Stay Healthy

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

#### DAY 1

**STRENGTH TRAINING**

Warm up with 10 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 at Zone 4. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

**RESISTANCE-TRAINING CIRCUIT (3 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:** 8 reps
- **Round 2:** 10 reps
- **Round 3:** 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:** 8 reps
- **Round 2:** 12 reps
- **Round 3:** 15 reps

**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction
- **NECK ROTATIONS**
  - 5 reps each side
- **GOOD MORNING STRETCH**
  - 5 reps


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Day 1: 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: 3 reps each side
Round 2: 5 reps each side
Round 3: 8 reps

Day 1: 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: 8 reps each side
Round 2: 10 reps each side
Round 3: 12 reps

Day 1: 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: 8 reps
Round 2: 10 reps
Round 3: 12 reps

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STRENGTH TRAINING CONT.

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: 10 reps
Round 2: 12 reps
Round 3: 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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**CARDIO**

Keep it short but intense with this circuit-training workout.

**Warm-up:** Stationary jog for 4 mins at a low to moderate exertion level.

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**STRENGTH TRAINING**

**CIRCUIT TRAINING**

Cycle through this circuit 3 times.

**ALTERNATING DUMBBELL BENCH PRESS — Do continuously for 30 secs** (minimum of 10 reps; max of 20 reps)

Grasp a pair of dumbbells. Lie on your back on a bench, and hold the dumbbells over your chest. Pull your shoulders together, stick out your chest slightly and make sure your palms are facing up. Press one dumbbell upward and pause for 1 second. As you lower it, press the other one up and continue in an alternating manner. Repeat until all reps are completed.

Rest for 10 secs

**JUMPING JACKS — Do continuously for 2 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.

Rest for 10 secs

**STRAIGHT-ARM LAT PULLDOWN — Do continuously for 30 secs** (minimum of 10 reps; max of 20 reps)

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.

Rest for 10 secs

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See more on next page »

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**STRENGTH TRAINING** (CONT.)

**SQUAT, PLANK, PUSHUP** — Do continuously for 1 min (minimum 3 reps; max of 5 reps)

Stand with the feet shoulder-width apart and toes pointed outward. Lower your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump your legs back so that you’re in a full plank position. Keeping the elbows tucked close to the torso, descend into a pushup until your chest touches the ground. Jump your feet forward into a squat position and repeat.

Rest for 10 secs

**LEG PRESS MACHINE** — Do continuously for 30 secs (minimum of 10 reps; max of 20 reps)

Sit on a leg-press machine with feet hip-width apart. Set the weight on a challenging yet doable resistance. Bend your knees 90 degrees, keeping your feet flat against the foot plate. Extend your legs until they are straight but not locked. Slowly return to starting position.

Rest for 10 secs

**JUMPING JACKS** — Do continuously for 2 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.

Rest for 10 secs

**Cooldown**

Light stationary jog for 3 mins while rolling shoulders and shaking out arms

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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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CLASS DAY

Attend a Vinyasa yoga class (1 hour).

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## CARDIO
Do 45 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike—maintaining a moderate to high exertion level.

## STRENGTH TRAINING

### CONTINUOUS TIMED CIRCUIT
Put 15 mins on the clock and repeat this circuit until time runs out—no breaks between exercises!

#### PUSHUPS — 8 reps
Get on all fours and place your hands on the floor slightly wider than and in line with your shoulders. Form a straight line with your body from your ankles to your shoulders. Squeeze your abs as tight as possible and keep them contracted for the entire exercise. Lower your body until your chest nearly touches the floor, making sure that you tuck your elbows close to the sides of your torso. Pause, then push yourself back to the starting position.

#### MOUNTAIN CLIMBERS — 15 secs
Get into the pushup position, keeping your arms completely straight and directly beneath your shoulders. Tighten your stomach and lift one foot off the floor, raising your knee up toward your chest while keeping your body in as straight a line as possible. Return to the starting position and repeat the movement with your opposite leg.

#### SQUATS — Aim for 10 reps
Stand as tall as you can with your feet shoulder-width apart, toes pointed slightly outward. Keep arms out in front of you at chest height to help maintain balance. Drop your hips and sit back until your thighs are parallel with the floor. Pause, then drive through the heels and lift body upward to the starting position, squeezing the glutes at the top of the movement.

#### BICYCLE SITUP — 15 reps each side
Lie on your back with your knees bent and feet flat on the floor. Place your palms hands-behind-your-head. Bring your knees to your chest and raise your shoulder blades in the air. Slowly move your legs in the air as if you’re riding a stationary bike. Complete all reps.

## WARM-UPS

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoulder Circles</td>
<td>30 secs each direction</td>
</tr>
<tr>
<td>Neck Rotations</td>
<td>5 reps each side</td>
</tr>
<tr>
<td>Good Morning Stretch</td>
<td>5 reps</td>
</tr>
</tbody>
</table>

## STRETCH SESSION

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamstring Stretch</td>
<td>Hold 30 secs each side</td>
</tr>
<tr>
<td>Glute Stretch</td>
<td>Hold 45 secs each side</td>
</tr>
<tr>
<td>Lying Abduction Stretch</td>
<td>Hold 30 secs each side</td>
</tr>
<tr>
<td>Biceps Stretch</td>
<td>Hold 45 secs</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th><strong>DAY 5</strong></th>
<th><strong>MENU</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Class Day</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Focus:** Balance, Flexibility and Strength

Attend a Zumba class (1 hour).

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### The Gold’s Gym 12-Week Personal Transformation Plan

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**STAY HEALTHY MEAL PLAN**

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>Sauté 2 eggs in 1-1/2 tbsp olive oil.</td>
<td>1 cup gluten-free oatmeal with 1</td>
<td>2 egg whites sautéed with spinach</td>
</tr>
<tr>
<td>Add 2 tbsp Parmesan cheese. On the side,</td>
<td>ounce crushed pecans and 1 cup</td>
<td>and 1 tbsp olive oil. 1 cup of high-fiber</td>
</tr>
<tr>
<td>have 1 cup bran cereal with 1</td>
<td>almond milk.</td>
<td>cereal with 1 cup nonfat milk and 1</td>
</tr>
<tr>
<td>cup nonfat milk, and sliced pineapple.</td>
<td></td>
<td>cup blueberries.</td>
</tr>
<tr>
<td>697 Cal.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>One 4-ounce turkey sandwich on 2</td>
<td>1 cup of pinto beans sautéed in 1</td>
</tr>
<tr>
<td></td>
<td>slices of gluten-free bread. Add 2</td>
<td>tbsp of olive oil with herbs. 1 cup of</td>
</tr>
<tr>
<td></td>
<td>slices of low-fat mozzarella cheese,</td>
<td>red quinoa sautéed with spinach and</td>
</tr>
<tr>
<td></td>
<td>spinach leaves, 1 tsp nonfat mayo, and</td>
<td>broccoli. 1/2 cup Greek yogurt with</td>
</tr>
<tr>
<td></td>
<td>1 tbsp of hot mustard. On the side, have</td>
<td>dill and garlic.</td>
</tr>
<tr>
<td></td>
<td>1 cup of low-sodium split pea soup.</td>
<td>775 Cal.</td>
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<tr>
<td></td>
<td>536 Cal.</td>
<td></td>
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<tr>
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<td></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>1 orange.</td>
<td>Celery sticks with 1 tbsp natural</td>
</tr>
<tr>
<td>1/3 cup walnuts.</td>
<td></td>
<td>peanut butter.</td>
</tr>
<tr>
<td>237 Cal.</td>
<td></td>
<td>100 Cal.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Sauté one 4-ounce lamb burger patty in 1</td>
<td>6-ounce broiled wild salmon. Sauté</td>
</tr>
<tr>
<td>One 5-ounce grilled pork chop. On the</td>
<td>tbsp grapeseed oil. On the side, have 1 cup</td>
<td>1-1/2 cup chopped asparagus in</td>
</tr>
<tr>
<td>side, have 2 cups of asparagus</td>
<td>black beans with herbs, and a green salad</td>
<td>grapeseed oil with garlic. For a dip, mix</td>
</tr>
<tr>
<td>sautéed in 1 tbsp grapeseed oil.</td>
<td>with cucumber and jicama. Top with 2 tbsp</td>
<td>1/2 cup low-fat Greek yogurt with dill and</td>
</tr>
<tr>
<td>415 Cal.</td>
<td>vinaigrette.</td>
<td>garlic. 465 Cal.</td>
</tr>
<tr>
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<tr>
<td></td>
<td></td>
<td><strong>TOTAL</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>CALORIES</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1885 Calories</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1844 Calories</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1827 Calories</td>
</tr>
</tbody>
</table>

*Days 4-6 continued on next page...*

* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.

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"QUOTe OF THE WEEK:"  
*Life is not merely living, but living in health.*  
— Martial
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### Menu

**STAY HEALTHY MEAL PLAN**

<table>
<thead>
<tr>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>1 gluten-free bagel with 6 ounces of your favorite specialty nonfat cream cheese, and spinach leaves. <strong>587 Cal.</strong></td>
<td>Grill one 5-ounce turkey burger, then sauté in grapeseed oil. Place the turkey burger on a gluten-free bun and top with 1 slice of low-fat mozzarella cheese, lettuce, and tomato. On the side, have 1 cup of chicken and rice soup (homemade, or the lowest-sodium version available). <strong>725 Cal.</strong></td>
<td>2 tbsp of hummus dip with 12 to 15 carrot and zucchini sticks. <strong>85 Cal.</strong></td>
</tr>
<tr>
<td>2 eggs and 1 egg white scrambled with 1/2 cup peppers and 1/2 small tomato. 2 pieces of gluten-free toast with 1 tbsp of olive oil on each. <strong>580 Cal.</strong></td>
<td>Steam 3 ounces of clams. Pour over 1/2 cup gluten-free spaghetti, with 3 tbsp olive oil and tomato and basil sauce. On the side, have a spinach salad with a light vinaigrette. <strong>643 Cal.</strong></td>
<td>1 orange. 1/3 cup walnuts. <strong>237 Cal.</strong></td>
</tr>
<tr>
<td>1 protein shake made with 2 scoops whey protein, 1 banana, 1/2 cup strawberries, 1 tbsp flax meal, 1 cup almond milk, and 1 cup water. <strong>439 Cal.</strong></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 marinara sauce. On the side, steam and chop 2 cups of asparagus. <strong>363 Cal.</strong></td>
<td>1/3 cup pecans. 1 pear. <strong>270 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>Two 2-ounce turkey meatballs with 1 cup of spaghetti squash, and 1 cup low-sodium marinara mixed with 1 medium to large fresh sautéed tomato. On the side, have a medium to large green salad with chopped red cabbage and sprouts topped with 2 tbsp light vinaigrette dressing. <strong>496 Cal.</strong></td>
<td>Prepare a salad with 2 cups of fresh chopped veggies of your choice. Add 5 ounces tuna and 1 cup cooked quinoa. Top with 2 tbsp light vinaigrette dressing. <strong>487 Cal.</strong></td>
<td><strong>1893 Calories</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Three 2-ounce beef meatballs sautéed with 1 to 2 cups of white and red cabbage and 3 tbsp grapeseed oil. For dessert, have 1 baked apple with cinnamon. <strong>670 Cal.</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>1742 Calories</strong></td>
</tr>
</tbody>
</table>

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