### WEEK 11

#### Goal: Stay Healthy

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

---

**DAY 1**

**CARDIO**

Do 45 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

**Warm-up:** 10 mins / Zones 2–3

**Speed Intervals**

- 5 mins / Zone 4
- 5 mins / Zone 2
- 4 mins / Zone 4
- 4 mins / Zone 2
- 3 mins / Zone 4
- 3 mins / Zone 2

**Sprint Intervals (repeat 6 times)**

- 30 secs / Zone 5
- 1 min / Zone 1

**Cooldown:** 5–10 mins of cardio at an easy pace

**Stretching:** 5 mins

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**DAY 2**

**STRETCH SESSION**

- **HAMSTRING STRETCH**
  - 10 reps each side

- **GLUTE STRETCH**
  - Hold 45 secs each side

- **LYING ABDUCTION STRETCH**
  - Hold 30 secs each side

- **BICEPS STRETCH**
  - Hold 45 secs

- **GLUTE FOAM ROLL**
  - Roll back and forth on each side for 10 reps

- **GROIN FOAM ROLL**
  - Roll back and forth on each side for 10 reps

- **UPPER BACK FOAM ROLL**
  - Roll back and forth for 10 reps

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**DAY 3**

**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction

- **NECK ROTATIONS**
  - 5 reps each side

- **GOOD MORNING STRETCH**
  - 5 reps

---

**DAY 4**

**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction

- **NECK ROTATIONS**
  - 5 reps each side

- **GOOD MORNING STRETCH**
  - 5 reps

---

**DAY 5**

**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction

- **NECK ROTATIONS**
  - 5 reps each side

- **GOOD MORNING STRETCH**
  - 5 reps

---

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Go Now
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**CLASS DAY**

Focus: Balance, Flexibility and Strength

Attend a Pilates class (1 hour).

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[GO NOW]
WEEK 11

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DAY 1

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 2, 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

Plyometric workouts utilize jumps, hops and rapid movements to engage muscle groups in your core and lower and upper body—at times simultaneously to increase balance and strength.

Do 2 sets of each of these exercises in this order, resting for 1 to 2 mins between each set.

SQUAT JUMP ONTO BOX — 10 reps
Stand in front of a 12-inch box or a stabilized weight bench. Push your hips back, squat down and jump with both feet onto the box. Jump off the box, reset and repeat the movement. Repeat until desired amount of reps are completed.

SQUAT, PLANK, PUSHUP — 10 reps
Stand with the feet shoulder-width apart and toes pointed outward. Lower your hips until your thighs are parallel to the ground. 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.

SCISSOR POWER SWITCH — 12 reps each leg
Stand with your feet a lunge-length apart, with your right foot in front of your left. Bend both knees to 90 degrees and descend into the lunge. Reach for the ground with your left hand. Switch sides and repeat.

PLYOMETRIC SIDE PLANK — 15 reps each side
Lie on your right side with your legs completely straight. Using your right elbow and forearm, prop your body up, making sure to keep your abs tight the entire time. Raise your hips into the air until your body is in a straight line from your ankles to your shoulder. Once in this position, raise your top leg and move it forward and backward, making sure not to let your hips sag, before switching sides.

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

See more on next page »

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**SIDE SHUFFLE SWITCH — 20 reps each side**
Stand straight up with your arms by your sides and feet shoulder-width apart. Perform three quick side shuffles to one side, making sure to raise your knees as high as possible during every step. On the last shuffle, land on your outside foot and pause with your opposite knee raised above hip height. Lower the knee and perform three side shuffles to the other side. Repeat for the prescribed number of repetitions.

**MEDICINE-BALL KNEELING SIDE THROW — 12 reps each side**
Hold a medicine ball in front of your chest with your arms extended and stand sideways about 3 feet from a wall. Slightly bend your elbows. Bring the ball across your body, then quickly rotate your torso and throw the ball against the wall. As the ball rebounds off the wall, catch and repeat the movement. Do all reps, switch sides and repeat.

**MEDICINE-BALL WOOD CHOP — 15 reps each side**
Stand with your feet shoulder-width apart. Hold a weight or medicine ball in front of your stomach. Squat down, keeping your knees out, chest up and shoulders back. Bring the ball to the outside of your right knee. Stand, and bring the ball across your body toward your left shoulder. Bring the ball to starting position. Do all reps, switch sides and repeat.

**MEDICINE BALL SLAM — 15 reps**
Grab a medicine ball and hold it above your head. Your arms should be slightly bent and your feet shoulder-width apart. Forcefully slam the ball to the floor in front of you as hard as you can. Pick the ball up and repeat. Perform all reps.

**Stretching:** 5 mins

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WEEK 11

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CARDIO

Do this intense cardio blast on a machine of your choice: treadmill, elliptical or stationary bike. The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

2 mins / Zone 1
1 min / Zone 5
1.5 mins / Zone 3
1 min / Zone 5
1.5 mins / Zone 3
2 mins / Zone 1
1 min / Zone 5
2 mins / Zone 1

STRENGTH TRAINING

This strength workout focuses on the lower body and core.

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

FIRE HYDRANT — 15 reps each side
Get on your hands and knees on the floor, making sure to keep your knees and hands hip-width and shoulder-width apart, respectively. Your knees should be bent to 90 degrees, directly beneath your hips. Tighten your core and, without moving your hips, raise your right thigh out to the right side of your body, keeping your knee bent the entire time. Without dropping your hips, straighten your leg backward so that it is in line with the rest of your body. Return to the starting position to switch legs.

KNEELING SIDE PLANK WITH LEG LIFT — 15 reps each side
Kneel on the ground with your right hand directly beneath your shoulder and your right knee beneath your hip. Straighten your non-kneeling leg completely and lift it as high as possible, keeping your other arm on your upper hip. Return your leg to the floor and repeat for the desired amount of repetitions before switching sides.

See more on next page »

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### WEEK 11 - Goal: Stay Healthy

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

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#### DAY 1

- **FIRE HYDRANT KICKS** — 15 reps each side
   - Get on your hands and knees on the floor, making sure to keep your knees and hands hip-width and shoulder-width apart, respectively. Your knees should be bent to 90 degrees, right beneath your hips. Tighten your core and, without moving your hips, raise your left thigh out to the left side of your body, keeping your knee bent the entire time. Without dropping your hips or moving your left knee, straighten your left leg by kicking it out to the left side. Retract the left leg by bending the knee and then hinging the hip to lower it to the starting position. Repeat on right leg.

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#### DAY 2

- **STABILITY BALL CRUNCHES** — 15 reps
   - Lie back on a stability ball, with your feet flat on the floor and your body forming a 45-degree angle with the ball. Cross your hands, and place them on your upper chest. Contract your abs to lift your torso five to 10 inches off the ball, keeping your feet and neck stable, then slowly lower your torso back down.

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#### DAY 3

- **SUPERMANS** — 12–15 reps
   - Lie facedown on the floor with your legs straight and arms stretched out over your head. Your palms should be down on the floor. Squeeze your glutes and lower back to raise your upper body off the floor with your hands still out in front of you. Simultaneously, lift your straight legs off the floor. Pause at the top for two secs. Relax and return to starting position.

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#### DAY 4

- **BICYCLE SITUP** — 15 reps
   - 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.

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#### DAY 5

- **CRUNCH** — 15 reps
   - Lie flat on your back, placing your hands behind your head. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. With your elbows flared to the side, tighten your abs and lift your shoulders and upper back off of the ground. Squeeze your abs at the top of the movement and hold for one second. Return to starting position and repeat until all prescribed reps have been completed.

### STRETCHING: 5 mins

#### STRETCH SESSION

- **HAMSTRING STRETCH**
  - 10 reps each side

- **GLUTE STRETCH**
  - Hold 45 secs each side

- **LYING ADDUCTION STRETCH**
  - Hold 30 secs each side

- **BICEPS STRETCH**
  - Hold 45 secs

- **GLUTE FOAM ROLL**
  - Roll back and forth on each side for 10 reps

- **GROIN FOAM ROLL**
  - Roll back and forth on each side for 10 reps

- **UPPER BACK FOAM ROLL**
  - Roll back and forth for 10 reps

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WEEK 11 | **Goal: Stay Healthy**

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

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**DAY 1**

**CARDIO**

Do 45 total mins of cardio. Start with 25 mins on the stationary bike, then move to the treadmill for 20 mins. The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

**STATIONARY BIKE (25 mins)**

- 5 mins / Zone 1
- 5 mins / Zone 3
- 2 mins / Zone 4
- 5 mins / Zone 1
- 3 mins / Zone 5
- 5 mins / Zone 1

**TREADMILL (20 min)**

- 5 mins / Zone 1
- 3 mins / Zone 3
- 2 mins / Zone 4
- 3 mins / Zone 1
- 2 mins / Zone 5
- 5 mins / Zone 1

**Stretching:** 5 mins

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**DAY 2**

**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
- LOWER BACK FOAM ROLL
  - Roll back and forth for 10 reps
- CALF FOAM ROLL
  - Roll back and forth on each side for 10 reps
- HAMSTRING FOAM ROLL
  - Roll back and forth on each side for 10 reps

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**DAY 3**

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**DAY 4**

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**DAY 5**

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**MENU**

Get more fitness tips + workout ideas at the *Gold’s Gym Strength Exchange.*
## WEEK 11

**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>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>2 egg whites sautéed with 1/2 cup spinach and 1 tbsp olive oil. 1 cup of high-fiber cereal with 1 cup nonfat milk and 1 cup blueberries.</td>
<td>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup almond milk.</td>
<td>Sauté 2 eggs in 1-1/2 tbsp olive oil. Add 2 tbsp Parmesan cheese. On the side, have 1 cup bran cereal with 1 cup nonfat milk and sliced pineapple.</td>
</tr>
<tr>
<td><strong>TOTAL CALORIES:</strong> 2076 Calories</td>
<td><strong>TOTAL CALORIES:</strong> 1937 Calories</td>
<td><strong>TOTAL CALORIES:</strong> 2031 Calories</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
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</tr>
<tr>
<td>1 cup of homemade or low-sodium bean soup. On the side, have a small green salad with carrots and 1 tbsp sunflower seeds. Top with 1 tbsp vinaigrette dressing and 4 ounces of tuna.</td>
<td>Grill one 6-ounce sole filet, sautéed with green onions in 1 tbsp of olive oil. On the side, have 2 cups of sautéed spinach in 1-1/2 tbsp olive oil. 1 cup of brown and wild rice.</td>
<td>Prepare one 4-ounce lamb steak. On the side, have 1 cup quinoa mixed with fresh herbs and 1 tbsp olive oil, 1/2 cup steamed carrots with 1/2 cup chopped red onion and 1/2 of an apple.</td>
</tr>
<tr>
<td><strong>TOTAL CALORIES:</strong> 585 Cal.</td>
<td><strong>TOTAL CALORIES:</strong> 625 Cal.</td>
<td><strong>TOTAL CALORIES:</strong> 634 Cal.</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.
### WEEK 11
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#### 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>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup almond milk. <strong>577 Cal.</strong></td>
<td>2 eggs and 1 egg white scrambled with peppers and tomatoes. 2 pieces of gluten-free toast with 1 tbsp olive oil on each. <strong>580 Cal.</strong></td>
<td>1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit. <strong>450 Cal.</strong></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Brown rice tortilla wrap made with 4 ounces grass-fed ground beef, lettuce, spinach, 1 slice of low-fat mozzarella cheese, and 1 tbsp sodium-free ketchup. On the side, have 1 bowl of homemade vegetable soup. <strong>496 Cal.</strong></td>
<td>Sprinkle 5 ounces of tuna with your choice of herbs. Sauté a handful of green onions in 1 tbsp of olive oil, then add 2 cups of spinach with 1-1/2 tbsp olive oil. Mix tuna and vegetables with 1 cup brown rice. <strong>625 Cal.</strong></td>
<td>1 cup of pinto beans sautéed in 1 tbsp olive oil with herbs. Combine with 1 cup cooked red quinoa sautéed with spinach and broccoli. Dip mixture in 1/2 cup Greek yogurt with dill and garlic. <strong>775 Cal.</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>2 ounces of sliced low-sodium turkey breast. 30 gluten-free crackers and 1 cup of red grapes. <strong>315 Cal.</strong></td>
<td>1 slice low-fat Swiss cheese. 1 whole nectarine. <strong>145 Cal.</strong></td>
<td>3 ounces of grilled chicken strips with gluten-free bread crumbs, dipped in 1/2 cup Greek yogurt with green onion and garlic. <strong>312 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Sauté 6 ounces of orange roughy, tilapia, or halibut. On the side, have 1 cup of black beans with fresh herbs, and zucchini sticks with onion sautéed in 2 tbsp grapeseed oil. 1 steamed whole tomato. <strong>600 Cal.</strong></td>
<td>5 ounces of grilled liver with onions sautéed in 1 tbsp of olive oil. On the side, have 1 cup cooked quinoa mixed with 1 cup steamed broccoli. <strong>525 Cal.</strong></td>
<td>Broil one 4-ounce pork chop. On the side, have 1/2 cup brown and wild rice mixture, sautéed broccoli with jalapeño or serrano chili peppers, and 1/2 cup fresh blueberries. <strong>472 Cal.</strong></td>
</tr>
</tbody>
</table>

| **TOTAL CALORIES** | 1988 Calories | 1875 Calories | 2009 Calories |

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