**WEEK 12**

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

### DAY 1

**CARDIO**
Do 50 mins of cardio 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).

- **Warm-up:** 10 mins / Zones 2–3
- **Intervals (repeat 5 times)**
  - 3 mins / Zone 4
  - 5 mins / Zone 2
- **Cooldown:** 5–10 mins at an easy pace
- **Stretching:** 5 mins

### DAY 2

**WARM-UPS**
- Shoulder Circles: 30 secs each direction
- Neck Rotations: 5 reps each side
- Good Morning Stretch: 5 reps

### DAY 3

**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

For tips and support, join the Gold’s Gym FB page!

[GO NOW]
WEEK 12
Goal: Stay Healthy
Gym Days: 5 (pick whichever 5 days of the week you can work out)

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
MENU

CLASS DAY
Focus: Balance, Flexibility and Strength

Attend a power yoga class (1 hour).

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GO NOW
QUOTE OF THE WEEK:
In the end, if you’re still just there, doing it, you win.
— Laird Hamilton

WEEK 12
Goal: Stay Healthy
Gym Days: 5 (pick whichever 5 days of the week you can work out)

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
MENU

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 mins)
- 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

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

For tips and support, join the Gold’s Gym FB page!
GO NOW
WEEK 12 | 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. Begin with a 2-min warm-up at Zone 2, then maintain an exertion level between Zone 3 and Zone 4. Finish with a 1-minute cooldown at Zone 2. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING
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: 12 reps
Round 2: 15 reps
Round 3: 20 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: 12 reps
Round 2: 15 reps
Round 3: 20 reps

See more on next page »
### WEEK 12

**Goal: Stay Healthy**

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

#### 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:** 8 reps each side
    - **Round 2:** 10 reps each side
    - **Round 3:** 12 reps
  
  - **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:** 12 reps each side
    - **Round 2:** 15 reps each side
    - **Round 3:** 20 reps
  
  - **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:** 12 reps
    - **Round 2:** 15 reps
    - **Round 3:** 20 reps

See more on next page »
WEEK 12

**Goal: Stay Healthy**

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

### DAY 1

**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:** 15 reps
- **Round 2:** 20 reps
- **Round 3:** 25 reps

**Stretching:** 5 mins

### DAY 2

**STRENGTH TRAINING**

**CONT.**

### DAY 3

**STRENGTH TRAINING**

**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

### DAY 4

**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

### DAY 5

**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

For tips and support, join the *Gold's Gym FB page*!

**GO NOW**
WEEK 12

**Goal: Stay Healthy**

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

---

**DAY 1**

**CARDIO**

Do 1 hour of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 2-min warm-up at Zone 1, then maintain an exertion level between Zone 3 and Zone 4. Finish with a 1-minute cooldown at Zone 2. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

**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

- **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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**GO NOW**

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*QUOTE OF THE WEEK:*

*In the end, if you’re still just there, doing it, you win.*

— Laird Hamilton
### WEEK 12
**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>Use 2 eggs to make an omelet with a chopped slice of low-fat cheddar cheese, 1/2 cup chopped broccoli, 1/2 cup chopped red peppers, a touch of cayenne pepper, and 1 tbsp grapeseed oil. On the side have 1 slice of gluten-free toast with 1 tsp butter. <strong>535 Cal.</strong></td>
<td>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup of almond milk. <strong>577 Cal.</strong></td>
<td>Scramble 2 whole eggs and 1 egg white with 1/2 cup nonfat milk, 1 tbsp Parmesan cheese, chopped serrano chilies, and 1/2 tsp of turmeric powder. On the side, have 2 slices of gluten-free toast with 1/2 tbsp of butter each. <strong>512 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>Prepare a 4-ounce lamb steak. On the side, have 1 cup of 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. <strong>634 Cal.</strong></td>
<td>1 cup red grapes. 1/2 cup sunflower seeds. <strong>192 Cal.</strong></td>
<td><strong>2175 Calories</strong></td>
</tr>
<tr>
<td>1 cup of pinto beans sautéed in 1 tbsp of olive oil with herbs. Combine with 1 cup of 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>
<td>In a bowl, mix 1 cup low-fat cottage cheese, 1 cup raspberries, and 1/3 cup pecans. Drizzle 1/3 tbsp of honey over the top. <strong>474 Cal.</strong></td>
<td><strong>2123 Calories</strong></td>
</tr>
<tr>
<td>8 to 10 zucchini, carrot, and celery sticks with 1 tbsp of red-pepper hummus. <strong>70 Cal.</strong></td>
<td></td>
<td><strong>1931 Calories</strong></td>
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</table>

* 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:**

“In the end, if you’re still just there, doing it, you win.”

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

#### WEEK 12

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

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**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>Turkey sandwich made with 5 ounces of sliced turkey, 1/2 avocado sliced, tomato, lettuce, and hot mustard on 2 slices of gluten-free bread. On the side, have 1 peach with the skin left on. <strong>548 Cal.</strong></td>
<td>1 cup red grapes. 1/2 cup sunflower seeds. <strong>192 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>One 5-ounce grilled pork chop. On the side, have 2 cups of sautéed asparagus in 1 tbsp of grapeseed oil. <strong>415 Cal.</strong></td>
<td>Mix 4-1/2 ounces of sardines with a salad of assorted vegetables, 1 cup of brown rice, and 2 tbsp light vinaigrette. <strong>520 Cal.</strong></td>
<td><strong>1742 Calories</strong></td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td></td>
<td><strong>2013 Calories</strong></td>
</tr>
<tr>
<td><strong>1837 Calories</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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