WEEK 10

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

CARDIO

Do this workout on a cardio 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). 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. Focus on pushing yourself but keep good posture with your hips, shoulders and neck relaxed.

Workout (31 mins)

Warm-up: 5 mins / Zone 1 working up to Zone 3
  + Speed Interval: 1 min / Zone 4
  - Rest Interval: 3 mins / Zone 2
  + Speed Interval: 2 mins / Zone 5
  - Rest Interval: 3 mins / Zone 2
  + Speed Interval: 3 mins / Zone 4
  - Rest Interval: 3 mins / Zone 2
  + Speed Interval: 2 mins / Zone 5
  - Rest Interval: 3 mins / Zone 2
  + Speed Interval: 1 min / Zone 4

Cooldown: 5 mins / Zone 3 decreasing to Zone 1

CORE CHECK-IN

PLANK — 3 sets of 1-min holds (rest for 30 secs between holds)
Lie facedown with your elbows directly beneath your shoulders and raise your torso into the air until it’s a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold.

SIDE PLANK — 3 sets of 1-min holds on each side (rest for 30 secs between holds)
Begin facedown with your elbows resting on the floor or a mat. Rotate to the right side, then push up so you are resting on your right forearm and outer right foot, with your hips and back in alignment. Try not to let your hips sag. Repeat on left side.

QUOTE OF THE WEEK:

Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.
— Arnold Schwarzenegger

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The Gold's Gym 12-Week Personal Transformation Plan

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STRENGTH TRAINING

This bootcamp workout focuses on your upper body, giving your biceps, triceps and pectorals a challenge.

Some of these exercises require a flat bench and dumbbells. Choose a dumbbell weight that is challenging but not straining.

Series 1 (3 times, then rest for 1 min)

WIDE-HANDS PUSHUP — 5 reps
Get on all fours, and place your hands on the floor wider than your shoulders. Your body should form a straight line 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.

JUDO PUSHUP — 10 reps
Get in the pushup position with legs wider than hip-width apart and arms directly underneath your shoulders. Step feet in slightly toward your hands and lift your hips so that your body forms an inverted V. Keeping your core tight and elbows close to the body, bend your arms and lower your chest to the floor. At the bottom of the movement, swoop your head and shoulders upward while lowering your hips until they almost touch the floor. Reverse the motion and return to start.

STACKED FEET PUSHUP — 5 reps each side
Get in the standard pushup position with your hands slightly wider than shoulder-width apart and elbows completely locked out. Keeping one foot planted on the ground, pick the other foot up and place it on the heel of the planted foot. 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 touches the ground, pause, and then press back up to the starting position. Repeat for the prescribed number of sets and reps.

See more on next page »

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps
### WEEK 10

#### Goal: Boost Performance

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<th>DAY 1</th>
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<tr>
<td><strong>STRENGTH TRAINING</strong> CONT.</td>
<td><strong>STRETCH SESSION</strong></td>
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#### Series 2 (3 times, then rest for 1 min)

**HIGH-PULL BURPEES** — 5 reps

Grab a set of dumbbells with an overhand grip and stand tall with your feet shoulder-width apart. Bend down and place your dumbbells on the ground before hopping into a pushup position. Perform a pushup, then quickly spring your legs forward to the bottom of a squat and stand up tall. As you stand, shrug the dumbbells up as high as you can, then lower weights to your sides to return to start.

**KNEELING DUMBBELL REAR FL YS** — 12 reps

Grab a set of dumbbells and get on all fours on the ground. Grip the dumbbells directly beneath your shoulders with your palms facing each other. Make sure your knees are directly beneath your hips. Maintaining a slight bend in the elbow, lift one arm straight out to the side until it is parallel with the ground. Keep your back flat and core tight the entire time. Pause, and then lower the weight back to the starting position. Repeat for the prescribed number of sets and repetitions, and then switch arms.

**DUMBBELL TRICEPS KICKBACKS** — 10 reps each side

Kneel over one side of a weight bench by placing your 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. Your torso should be parallel to the floor. Grab a dumbbell with your left hand in an overhand grip, and position the elbow at your side so the upper arm is parallel to the floor. Now extend your left arm to full extension by contracting the triceps. Pause for one second at the top and then return to the starting position. Continue and repeat with the opposite arm.

#### Series 3 (3 times, then rest for 20 secs)

**SQUAT JUMP** — 15 reps

Place your fingers on the back of your head and pull your elbows back so that they’re in line with your body. Dip your knees in preparation to leap. Explosively jump as high as you can. When you land, immediately squat down and jump again.

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**See more on next page »**

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#### STRENGTH TRAINING

**SCISSOR POWER SWITCH — 10 reps each side**

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. Jump off the ground while swinging your arms forward. Switch your feet in the air and land with your left foot forward. Descend into a lunge in preparation for the next rep. Alternate sides and complete all reps.

**DUMBBELL ROW — 12 reps**

Stand with feet shoulder-width apart and holding a dumbbell in each hand. Bend the knees slightly and bend at the waist with your back straight. Avoid rounding the upper back, and keep the head neutral. Extend your arms fully so each dumbbell is just above the floor. Contract your back and pull both dumbbells up to your ribcage. Be sure to pull through the elbow and hold for one second in the top position. Lower the dumbbells to the fully extended arm position, and repeat.

#### STRETCH SESSION

**CALF FOAM ROLL**

Roll back and forth on each side for 10 reps

Grab a foam roller and sit on the ground, your legs extended in front of you and your hands on the ground behind you. Place the foam roller under one leg, letting it rest under the calf muscle. Raise your hips so that your weight is resting on your hands and the foam roller. Rock forward and backward so that the foam roller rolls up and down your calf.

**HAMSTRING FOAM ROLL**

Roll back and forth on each side for 10 reps

Grab a foam roller and sit on the ground with your legs extended in front of you and your hands on the ground behind you. Place the foam roller under one hamstring, and bring your other ankle up to rest on the knee on the foam roller. Raise your hips so that your weight is resting on your hands and the foam roller. Rock back and forth so the foam roller rolls up and down your hamstring.

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WEEK 10

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DAY 1
DAY 2
DAY 3
DAY 4
DAY 5

CLASS DAY
Attend a power yoga class (1 hour).

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**WEEK 10**

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**CARDO**

Do this workout on a cardio 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). 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. Focus on pushing yourself but keep good posture with your hips, shoulders and neck relaxed.

**Cardio Workout (60 mins)**

**Warm-up:** 10 mins / Zones 2–3

**Interval Circuit (10 times)**

- + Speed Interval: 30 secs / Zone 5
- - Rest Interval: 30 secs / Zone 2
- + Speed Interval: 1 min / Zone 4
- - Rest Interval: 1 min / Zone 2

**Cooldown:** 5–10 mins / Zone 1

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**WARM-UPS**

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

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**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 seconds
- 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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**CARDIO + STRENGTH TRAINING COMBINED**

Focus on your core with this abs-centric bootcamp workout.

**Note:** Some of these exercises require a medicine ball. Choose a weight that is difficult but not straining.

**Series 1 (3 times, then rest for 1 min)**

**WALKING HIGH KNEES — 30 secs**

Stand tall with your legs straight and arms hanging at your sides. Kick your right knee up, bringing it as high as possible before slowly lowering it. Immediately repeat with your left knee to "walk" forward.

**MOUNTAIN CLIMBERS — Do continuously for 30 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.

**SQUAT, PLANK, PUSHUP — 30 secs**

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.

**Series 2 (3 times, then rest for 1 min)**

**PLANK — Hold 45 secs**

Lie facedown with your elbows directly beneath your shoulders and raise your torso into the air until it’s a completely straight line from your shoulders to your ankles. Tighten your stomach, squeeze your glutes, and hold this position.

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**WEEK 10**  
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**QUADRUPED LEG RAISE** — 12 reps on each side  
Get down on all fours with your back straight. Without changing the bend in your knee, kick your right leg back and up as high as you possibly can. Pause, then return to the starting position and switch legs.

**SUPERMANS** — 10 reps  
Lie facedown on the floor with your legs straight and arms stretched past your head. Your palms should be on the floor. Squeeze your glutes and lower back to raise your upper body off the floor with your hands out in front of you. Simultaneously, lift your straight legs off the floor. Pause at the top for two secs. Relax and return to the starting position.

**Series 3 (3 times, then rest for 1 min)**  

**MODIFIED SIT-UP** — 20 reps  
Lie on your back with your knees bent to 90 degrees and feet flat on the floor. Keep your arms straight against your sides, palms facing down and hovering slightly above the floor. Tighten your abs and raise your torso until you’re sitting up at a 45-degree angle, pausing for a moment before returning to the floor. Perform all reps.

**HOVERING SIT-UP** — 20 reps  
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.

**SWISS BALL RUSSIAN TWIST** — 12 reps each side  
Lie with your back on a Swiss ball. Your feet should be flat on the floor with your knees bent at 90 degrees. Clasp your hands together directly above your chest with straight elbows. Carefully rotate your arms to the side. The ball will roll across your back to the back of your shoulders. Keep your hips up by squeezing your glutes. Rotate back to the starting position. Repeat on the opposite side. Complete all reps.

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See more on next page »
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**SIDE PLANK WITH TWIST — 10 reps each side**
Lie on your side and position yourself on your bottom elbow and the side of your foot. Lift your hips off the ground and form 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.

**Series 4 (3 times, then rest for 1 min)**
**MEDICINE-BALL SLAM — 12 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.

**PLANK PIKE — 12 reps**
Get down into the plank position, elbows directly beneath your shoulders and feet completely straight and hip-width apart. Make sure that your body is in a completely straight line. Tighten your stomach and raise your hips into the air as high as possible, pausing for a moment at the top before lowering back into the starting position.

**MEDICINE BALL SIDE THROW — 10 reps each side**
Stand in a shoulder-width stance with your right side two to three feet away from a wall, holding a medicine ball in your hands. Extend your arms fully in front of you so that the ball is at chest height. Keeping your abs tight, rotate your torso away from the wall, quickly reversing direction to throw the ball against the wall as hard as possible and catching it on the rebound. Complete all reps before switching sides.

**MEDICINE BALL CHEST PASS — 12 reps**
Grab a medicine ball and stand several feet in front of a partner or wall. Hold the medicine ball with both hands in front of your chest and assume an athletic stance with your feet roughly shoulder-width apart. Step forward with one leg and forcefully pass the ball to the training partner or wall by pushing it away from your chest. Have your partner toss the ball back or catch the rebound from the wall with both hands. Bend your knees as you receive the ball, lowering into a half squat. Press back up and repeat the movement.

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## WEEK 10

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### MENU

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<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
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<tr>
<td>Scramble 2 whole eggs and 1 egg white with 1/2 cup of nonfat milk, 1 tbsp Parmesan cheese, chopped serrano chilies (at your level of spice preference), and 1/2 tsp turmeric powder. On the side, have 2 slices of gluten-free toast each with 1/2 tbsp butter.</td>
<td>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup almond milk.</td>
<td>1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit.</td>
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<tr>
<td>512 Cal.</td>
<td>577 Cal.</td>
<td>450 Cal.</td>
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<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>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.</td>
<td>1 cup cooked garbanzo beans mixed with fresh lettuce and 1 tbsp ground flax meal topped with 2 tbsp light vinaigrette. Pair with 2 ounces grilled chicken strips dipped in 1 cup marinara sauce.</td>
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<tr>
<td>585 Cal.</td>
<td>450 Cal.</td>
<td>747 Cal.</td>
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<tr>
<td><strong>DINNER</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
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<tr>
<td>1 cup red grapes. 1/2 cup sunflower seeds.</td>
<td>1829 Calories</td>
<td>1844 Calories</td>
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<td>182 Cal.</td>
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<td>1963 Calories</td>
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<td>Bake a 6-ounce Cornish game hen with onions and dandelion greens. On the side, have 1 cup brown and wild rice mixture and 1 cup green beans sautéed in 1 tbsp olive oil.</td>
<td>1844 Calories</td>
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<td>540 Cal.</td>
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<tr>
<td>Sauté one 4-ounce lamb or grass-fed beef 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.</td>
<td>652 Cal.</td>
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<td>652 Cal.</td>
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<tr>
<td>Grill 6 ounces halibut. On the side, have 1 cup grilled red and yellow peppers, 1/2 baked potato with the skin, and 1 tbsp pesto. Sauté 1 cup of fresh tomatoes, basil, and olive oil to pour over the halibut.</td>
<td>574 Cal.</td>
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<td>574 Cal.</td>
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* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
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<tr>
<td><strong>LUNCH</strong></td>
<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. 439 Cal.</td>
<td>2 small low-sodium turkey sausage links. Scramble 1 egg and pair with handful of green peppers. 1 cup gluten-free bran cereal. 1 cup nonfat milk. 1 tbsp ground flax meal. 660 Cal.</td>
<td>2 eggs and 1 egg white scrambled with 1/2 cup peppers and 1/2 of a small tomato. 2 pieces of gluten-free toast with 1 tbsp of olive oil on each. 580 Cal.</td>
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<td>2 tbsp hummus dip with a mix of 8 to 12 carrot, celery, and zucchini sticks. 113 Cal.</td>
<td>1 orange. 1/3 cup walnuts. 237 Cal.</td>
<td>1 cup of low-fat Greek yogurt with 1 cup of strawberries and 1/3 cup crushed walnuts. Drizzle 1 tbsp honey over the top. 435 Cal.</td>
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<tr>
<td><strong>SNACK</strong></td>
<td>Prepare a salad with 2 cups of fresh chopped veggies of your choice. Add 5 ounces tuna and 1 cup of cooked quinoa. Top with 2 tbsp light vinaigrette dressing. 487 Cal.</td>
<td>Sauté 5 ounces of chicken fritters made with gluten-free bread crumbs. Have 1 to 2 cups sautéed vegetable medley: pomegranate seeds, asparagus, cauliflower, broccoli, red cabbage, and brussels sprouts. 445 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>
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<td><strong>DINNER</strong></td>
<td>Chicken wrap made with 4 ounces ground chicken, 1 tbsp olive oil, ground pepper, onions, tomatoes, and spinach. Wrap in a brown rice tortilla. On the side, have 1 cup Greek yogurt with 1 cup of raspberries. 596 Cal.</td>
<td>Steam 3 ounces of clams or available shellfish like shrimp. Pour over 1/2 cup gluten-free spaghetti, with 3 tbsp olive oil, and 1 cup of tomato and basil sauce. On the side, have a spinach salad with 1 tbsp light vinaigrette. 643 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 marinara sauce. On the side, steam and chop 2 cups of asparagus. 363 Cal.</td>
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<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td>1635 Calories</td>
<td>1985 Calories</td>
<td>1850 Calories</td>
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