WEEK 10

**Goal: Build Muscle**

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

**CARDIO**

Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

**Warm-up:**
- 1 min / Zone 1
  - + Speed Interval: 2 mins / Zone 4
  - - Rest Interval: 90 secs / Zone 2
  - + Speed Interval: 4 mins / Zone 5
  - - Rest Interval: 2 mins / Zone 2

**Cooldown:**
- 1 min / Zone 1

**STRENGTH TRAINING**

**SEATED CABLE ROW — 3 sets of 15 reps; rest 30 secs between sets**

Sit at a low pulley cable station with a V-handle attachment. Place feet securely on the platform and using your legs (not your back), sit back into the start position with your arms fully extended and supporting the weight. Keeping your torso stationary, drive your elbows past your back and pull the cable attachment toward the waist. Attempt to squeeze shoulder blades together and hold this contraction for a second. Return the weight until the arms are fully extended, and repeat the movement. To end the set, return the weight to the starting position by bending at the knees and not the lower back.

**DUMBBELL ROW — 3 sets of 15 reps; rest 30 secs between sets**

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.

See more on next page »
STRENGTH TRAINING CONT.

DUMBBELL INCLINE CHEST PRESS — 3 sets of 15 reps; rest 1 min between sets
Set an adjustable bench to an incline of 30 to 45 degrees. Grab a pair of dumbbells and lie face-up on the bench. Hold the dumbbells directly above your shoulders with your arms straight. Lower the dumbbells to the sides of your chest, pause, and then press the weights back above your chest.

DUMBBELL LATERAL RAISE — 3 sets of 15 reps; rest 30 secs between sets
Grab a pair of dumbbells and let them hang at your sides. Stand tall and make sure your palms are facing your body. 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 — 3 sets of 15 reps; rest 30 secs between sets
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.

TRICEPS PRESSDOWN — 3 sets of 15 reps; rest 1 min between sets
Facing the pulley station, grab the V-handle attachment, set to a high pulley with a shoulder-width, overhand grip. Holding the attachment and supporting the weight, bring your elbows to your sides so your forearms are parallel to the floor. This is the starting position and from here your elbows shouldn’t move. Extend your forearms straight down by contracting the triceps, twisting the attachment slightly so the knuckles face the floor at the bottom. Hold at lockout for 1 second before returning to the starting position.

SINGLE-ARM TRICEPS EXTENSION — 3 sets of 15 reps each side; rest 30 secs between sets
Stand with feet shoulder-width apart and holding a dumbbell with one hand. Bracing your abs, press the dumbbell overhead by extending your arm. This is your starting position. Lower the dumbbell by bending your elbow so that it sticks out to the side. Get a good stretch in the triceps and stop just shy of the dumbbell touching your neck. Pause the dumbbell for 1 second in the bottom position and then extend it back to the starting position by contracting the triceps.

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
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 your right glutes, and bring your left ankle up to your right knee, letting it rest there. With your weight resting on your hands and on the foam roller, rock back and forth so that the foam roller rolls up and down your glutes.

See more on next page »
### WEEK 10

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

**DAY 1**

**STRENGTH TRAINING**

- **PLANK** — 3 sets of 1-min holds; rest 1 min between sets  
  Lie facedown with your elbows directly beneath your shoulders, raising 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 for the desired amount of time.

- **SIDE PLANK** — 3 sets of 1-min holds on each side; rest 1 min between sets  
  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.

- **MEDICINE-BALL WOOD CHOP** — 3 sets of 15 reps each side; rest 30 secs between sets  
  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. Switch sides and repeat.

**Cooldown**  
Light cardio and stretching: 5 mins

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**STRETCH SESSION**

- **GROIN FOAM ROLL**  
  Roll back and forth on each side for 10 reps  
  Lie on your stomach with your arms bent 90 degrees in front of you, your elbows on the ground, and a foam roller parallel to your right leg. Lift your right leg and place your inner thigh on the foam roller, just above your knee. Push your body to the right so that the foam roller rolls up your right inner thigh, until it reaches your pelvis. Reverse the motion. Finish all reps, switch sides and repeat.

- **UPPER BACK FOAM ROLL**  
  Roll back and forth for 10 reps  
  Grab a foam roller and lie on your back, your legs extended and hands at your sides. Place the foam roller under your upper back, and bend your knees so that your feet are flat on the floor. With your weight resting on your feet and on the foam roller, rock back and forth so that the foam roller rolls up and down your upper back.

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Join *Gold's Gym Nation* today!  
**GO NOW**
### WEEK 10

**Goal: Build Muscle**

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

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>MENU</th>
</tr>
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</table>

#### CARDIO

Do the Gold’s Gym indoor cardio triathlon!

**ELLIPITICAL (10 mins)**

A traditional triathlon starts with swimming, but for our indoor version try an elliptical machine that provides a highly efficient low-impact workout. Think of this portion as your warm-up to the bike and run, and be sure to keep your head and body upright.

**BICYCLE (10 mins)**

To gain maximum cycling benefits, properly align yourself before you start. Adjust the seat so that your knees have a slight bend when extended. Find a comfortable resistance that allows you to maintain around 80 revolutions per minute.

**TREADMILL (10 mins)**

Because your legs will likely feel a little rubbery after the bike ride, ease into the run. In fact, you should feel free to start with 1 or 2 mins of walking or jogging to get going. Once you’re in a groove, build up speed.

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

**SQUAT JUMP ONTO BOX — 15 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.

See more on next page »
WEEK 10

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

Day 1
Day 2
Day 3
Day 4
Day 5

STRENGTH TRAINING

SQUAT, PLANK, PUSHUP — 15 reps
Stand with the feet shoulder-width apart and toes pointed outward. Descend your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump the 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 — 15 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. Do all reps, switch sides and repeat.

LATERAL DUMBBELL STEP-UP — 15 reps each side
Stand beside a box or exercise bench. Hold a dumbbell in each hand. Place the foot of your outside leg on the box or bench. Step up onto the box, finish with your trail leg on the bench. Step down with your trail leg. Do all reps, switch sides and repeat.

SIDE-TO-SIDE SHUFFLE JUMP — 15 reps each side
Stand tall with your arms by your side. Squat down, reaching your left hand to the outside of your left foot. Jump into the air and toward the right, landing in the squat position while reaching your right hand outside of your right foot. Make sure to keep your heels against the ground the entire time. Repeat this back and forth movement for the desired amount of reps.

MEDICINE-BALL SIDE THROW — 15 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 and 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.

STRETCH SESSION

QUAD STRETCH
Hold 30 secs each side

SCORPION
Hold 45 secs each side

STRAIGHT-LEG CALF STRETCH
Hold 30 secs on 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
Grab a foam roller and lie on your back, your legs extended and hands at your sides. Place the foam roller under your lower back and bend your knees, so that your feet are flat on the floor. With your weight resting on your feet and on the foam roller, rock back and forth so that the foam roller rolls up and down your lower back.

See more on next page »

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WEEK 10

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

STRENGTH TRAINING

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.

Cooldown
Light cardio and stretching: 5 mins

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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**CARDIO**

Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

- **Warm-up**: 1 min / Zone 3 increasing to Zone 4
  - Speed Interval: 30 secs / Zone 5
  - Rest Interval: 2 mins / Zone 2
  - Speed Interval: 30 secs / Zone 5
  - Rest Interval: 1 min / Zone 2
  - Speed Interval: 30 secs / Zone 4
  - Rest Interval: 1 min / Zone 2
  - Speed Interval: 1 min / Zone 5
  - Rest Interval: 1 min / Zone 2
  - Speed Interval: 30 secs / Zone 4

- **Cooldown**: 1 min / Zone 3

**STRENGTH TRAINING**

**DUMBBELL FLY** — 3 sets of 15 reps; rest 30 secs between sets

Grab a pair of dumbbells and lie on a flat bench with 30 to 45 degree angle. Raise your arms straight above your chest with your palms facing each other and your elbows slightly bent. Slowly lower the dumbbells in an arc down and away from your body. Once the dumbbells are almost in line with your chest—but just above it—reverse the movement back to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

See more on next page »

**WARM-UPS**

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

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

- **GOOD MORNING STRETCH**
  - 5 reps

Join Gold’s Gym Nation today! Go Now
QUOTE OF THE WEEK:

That's what most people lack, having the guts to go on and just say they'll go through the pain no matter what happens.

— Arnold Schwarzenegger

The Gold's Gym 12-Week Personal Transformation Plan

WEEK 10

Goal: Build Muscle

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

STRENGTH TRAINING

PUSHUP WITH MEDICINE BALL — 3 sets of 10 reps; rest 1 min between sets
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.

SINGLE-ARM STANDING CABLE REVERSE FLY — 3 sets of 15 reps each side; rest 30 secs between sets
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.

SEATED CABLE ROW — 3 sets of 15 reps; rest 30 secs between sets
Sit at a low pulley cable station with a V-handle attachment. Place feet securely on the platform and, using your legs (not your back), sit back into the start position with your arms fully extended and supporting the weight. Keeping your torso stationary, drive your elbows past your back and pull the cable attachment toward the waist. Attempt to squeeze shoulder blades together and hold this contraction for a second. Return the weight until the arms are fully extended, and repeat the movement. To end the set, return the weight to the starting position by bending at the knees and not the lower back.

LAT PULLDOWN — 3 sets of 15 reps; rest 30 secs between sets
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.

See more on next page »
**The Gold’s Gym 12-Week Personal Transformation Plan**

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<th>DAY 4</th>
<th>DAY 5</th>
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**STRENGTH TRAINING CONT.**

**DUMBBELL SHOULDIER PRESS** — 3 sets of 15 reps; rest 30 secs between sets
Hold a pair of dumbbells just outside your shoulders, your arms bent and palms facing forward. Set your feet at shoulder-width and bend your knees slightly. Press both dumbbells up, until your arms are straight. Then return to the starting position.

**LATERAL DUMBBELL STEP-UP** — 3 sets of 15 reps each side; rest 1 min between sets
Stand beside a box or exercise bench. Hold a dumbbell in each hand. Place the foot of your outside leg on the box or bench. Step up onto the box, finish with your trail leg on the bench. Step down with your trail leg. Do all reps, switch sides and repeat.

**SINGLE-ARM TRICEPS EXTENSION** — 3 sets of 15 reps each side; rest 1 min between sets
Stand with feet shoulder-width apart and holding a dumbbell with one hand. Bracing your abs, press the dumbbell overhead by extending your arm. This is your starting position. Lower the dumbbell by bending your elbow so that it sticks out to the side. Get a good stretch in the triceps and stop just shy of the dumbbell touching your neck. Pause the dumbbell for 1 second in the bottom position and then extend it back to the starting position by contracting the triceps.

**STABILITY-BALL CRUNCH** — 3 sets of 30 reps; rest 30 secs between sets
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.

**SIDE PLANK WITH TWIST** — 3 sets of 15 reps each side; rest 30 secs between sets
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.

**Cooldown**
Light cardio and stretching: 5 mins

**STRETCH SESSION**

<table>
<thead>
<tr>
<th>STRETCH EXERCISE</th>
<th>REPS</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAMSTRING STRETCH</td>
<td>10 reps each side</td>
<td></td>
</tr>
<tr>
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<td></td>
</tr>
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## WEEK 10

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<th>DAY 2</th>
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<th>DAY 4</th>
<th>DAY 5</th>
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</tr>
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### CARDIO

Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

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

**Cooldown:** 1 min / Zone 2

### STRENGTH TRAINING

**BACK SQUAT — 3 sets of 15 reps; rest 30 secs between sets**

Hold a barbell across your upper back with an overhand grip and your feet shoulder-width apart. Keeping your lower back arched, lower your body as deeply as you can by pushing your hips back and bending your knees. Pause, then reverse the movement back to the starting position.

**DUMBBELL STRAIGHT-LEG DEADLIFT — 3 sets of 15 reps; rest 30 secs between sets**

Grab a pair of dumbbells with an overhand grip, and hold them at arm's length in front your thighs. Stand with your feet hip-width apart and your knees slightly bent. Brace your core—try to make it stiff—and hold it that way throughout the entire movement. Without changing the bend in your knees, bend at your hips and lower your torso until it’s almost parallel to the floor. Don’t round your lower back. It should stay naturally arched as you lower your body. Pause, then squeeze your glutes tightly and raise your torso back to the starting position.

**LEG PRESS MACHINE — 3 sets of 15 reps; rest 30 secs between sets**

Sit on a leg-press machine with feet hip-width apart. Set the weight on a challenging 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 the starting position.

See more on next page »
WEEK 10

**Goal:** Build Muscle

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**STRENGTH TRAINING**

**DAY 1**

**SPLIT SQUAT WITH DUMBBELLS** — 3 sets of 15 reps each side; rest 30 secs between sets

Hold a pair of dumbbells at arm’s length next to your sides, your palms facing each other. Stand in a staggered stance, your left foot in front of your right. Slowly lower your body as far as you can. Your rear knee should nearly touch the floor. Pause, then push yourself back up to the starting position. Complete the prescribed number of reps, then do the same number of reps with your right foot in front of your left.

**SHIFTING SIDE LUNGE** — 3 sets of 15 reps each side; rest 30 secs between sets

Hold a dumbbell in each hand, keeping your arms entirely straight. Push your chest out and take a large step to the side, pushing your hips back and bending the knee of the lead leg. Keep your trailing leg as straight as possible. As you lunge, bend forward at the hips and reach the dumbbells on both sides of your lead leg, making sure to keep your lower back from rounding. Bend your opposite knee, shifting the weight onto both legs while reaching the dumbbells straight down in front of you. Straighten your former lead leg, shifting your weight to the opposite side while lunging, placing the dumbbells on both side of that leg. Push off your lead leg, bringing your feet together and returning to the starting position.

**LEG CURL MACHINE** — 3 sets of 15 reps each side; rest 30 secs between sets

Lying stomach-down on the bench part of the machine, hook your ankles behind the padded leg rests. Draw your ankles toward your buttocks until your legs form a 90-degree angle. Slowly return to the starting position.

**LEG EXTENSION MACHINE** — 3 sets of 15 reps; rest 30 secs between sets

Sit down on the seat and hook your legs behind the padded bar. Adjust the bar so that it rests on your lower leg. Slowly lift the bar until your legs are almost straight, then lower your legs back down. Make sure to keep your back straight and grip the handles on each side of the seat.

---

**DAY 2**

**BICYCLE SIT-UP** — 3 sets of 30 reps each side; rest 30 secs between sets

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 bike.

---

**DAY 3**

**DAY 4**

**DAY 5**

---

**CORE STRENGTH TRAINING**

**BICYCLE SIT-UP** — 3 sets of 30 reps each side; rest 30 secs between sets

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 bike.

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See more on next page »
WEEK 10

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### DAY 1

**CORE STRENGTH TRAINING**

**CRUNCH** — 3 sets of 30 reps; rest 30 secs between sets

Lie flat on your back, placing your hands behind your head or across your chest. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. 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.

**REVERSE CRUNCH** — 3 sets of 30 reps; rest 30 secs between sets

Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms facedown on the floor for support or across your chest. Bring your knees into your chest, tightening your abs to lift your hips off the floor. Pause at the top before lowering your legs as close to the ground as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

**Cooldown**

Light cardio and stretching: 5 mins

### DAY 2

**CORE STRENGTH TRAINING**

**STRETCH SESSION**

**QUAD STRETCH**

Hold 30 secs each side

**SCORPION**

Hold 45 secs each side

**STRAIGHT-LEG CALF STRETCH**

Hold 30 secs on 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

### DAY 3

**CORE STRENGTH TRAINING**

**STRETCH SESSION**

**QUAD STRETCH**

Hold 30 secs each side

**SCORPION**

Hold 45 secs each side

**STRAIGHT-LEG CALF STRETCH**

Hold 30 secs on 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

### DAY 4

**CORE STRENGTH TRAINING**

**STRETCH SESSION**

**QUAD STRETCH**

Hold 30 secs each side

**SCORPION**

Hold 45 secs each side

**STRAIGHT-LEG CALF STRETCH**

Hold 30 secs on 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

### DAY 5

**CORE STRENGTH TRAINING**

**STRETCH SESSION**

**QUAD STRETCH**

Hold 30 secs each side

**SCORPION**

Hold 45 secs each side

**STRAIGHT-LEG CALF STRETCH**

Hold 30 secs on 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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**QUOTE OF THE WEEK:**

That's what most people lack, having the guts to go on and just say they'll go through the pain no matter what happens.

— Arnold Schwarzenegger
WEEK 10

Goal: Build Muscle

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

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5

CLASS DAY

Attend a GGX class (1 hour).

Join Gold’s Gym Nation today!

GO NOW
QUOTE OF THE WEEK:
That's what most people lack, having the guts to go on and just say they'll go through the pain no matter what happens. — Arnold Schwarzenegger

THE GOLD'S GYM 12-WEEK PERSONAL TRANSFORMATION PLAN

WEEK 10

Goal: Build Muscle

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

<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>1 green protein smoothie made with 1-1/2 scoops whey protein powder, 6 ounces coconut water, 1/2 cup raw spinach, 1/2 cup raw kale, 3 ounces cucumber, 4 ounces apple, and 1 tbsp cold-pressed coconut oil. <strong>363 Cal.</strong></td>
<td>Prepare 4-1/2 ounces halibut or shrimp. On the side, have 1-1/2 cup garden salad, 3 tbsp balsamic vinaigrette, and 5 ounces of steamed broccoli. <strong>351 Cal.</strong></td>
<td>1 Advanced Athletics meal replacement bar or a Quest protein bar. <strong>240 Cal. / Calories vary</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
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</tr>
<tr>
<td>Stir fry 4-1/2 ounces raw shrimp, 1/2 tbsp olive oil, 1/2 cup brown rice, and 6 ounces broccoli. <strong>344 Cal.</strong></td>
<td>Grill 5 ounces salmon. Pair with 1/2 cup brown rice and 3 ounces of steamed asparagus. <strong>318 Cal.</strong></td>
<td>In a salad bowl, mix 4-1/2 ounces grilled chicken breast, 1/2 ounce olives, 1/2 cup brown rice, 1 ounce raw arugula, 1 ounce tomato, and 1 ounce cucumber. Top with 2-1/2 tbsp balsamic vinaigrette. <strong>327 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
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</tr>
<tr>
<td>10 ounces of low-fat Greek yogurt with 1/4 ounce almonds and 3 ounces of blueberries. <strong>285 Cal.</strong></td>
<td>8 ounces of low-fat cottage cheese mixed with 1/4 ounce of raw almonds, 4 ounces of strawberries, and 3 ounces of blueberries. <strong>335 Cal.</strong></td>
<td>Roll 1/2 ounce almonds and 5 ounces apple in 4-1/2 ounces of sliced turkey breast (low sodium). <strong>283 Cal.</strong></td>
</tr>
</tbody>
</table>

Day 4-6 continued on next page...

* Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.
**QUOTE OF THE WEEK:**
That's what most people lack, having the guts to go on and just say they'll go through the pain no matter what happens.
— Arnold Schwarzenegger

The Gold’s Gym 12-Week Personal Transformation Plan

**WEEK 10**

**Goal:** Build Muscle

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

### BUILD MUSCLE 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>Spinach omelet consisting of 6 egg whites, 1 whole egg, 1 cup spinach, and 1/2 cup of black beans.</td>
<td>8 ounces of low-fat cottage cheese mixed with 1/4 ounce of raw almonds, 4 ounces of strawberries, and 3 ounces of blueberries.</td>
<td>Bacon, egg &amp; cheese sandwich made with 6 egg whites, 1 ounce cheddar cheese, 2 slices of turkey bacon, and 1 ounce of tomato. On the side, have 1 whole-grain muffin.</td>
</tr>
<tr>
<td>321 Cal.</td>
<td>335 Cal.</td>
<td>321 Cal.</td>
</tr>
<tr>
<td>3 cups of garden salad with lettuce and grilled vegetables. Top with 1 tbsp light salad dressing, 1 ounce hummus, and 5 ounces of grilled salmon.</td>
<td>3 cups of garden salad with lettuce and grilled vegetables. Top with 1 tbsp light salad dressing, 1 ounce hummus, and 5 ounces of grilled salmon.</td>
<td>Chicken fajitas consisting of 4 ounces of boneless, skinless chicken breast, 1-1/2 ounces avocado, 1 ounce green and red peppers, and 2 ounces of any sprouted-whole-grain tortillas.</td>
</tr>
<tr>
<td>423 Cal.</td>
<td>423 Cal.</td>
<td>305 Cal.</td>
</tr>
<tr>
<td>Grill 4-1/2 ounces of chicken breast. Pair with 5 ounces of pear and 1/2 ounce of raw cashews.</td>
<td>1 protein smoothie made with 1-3/4 scoops of whey protein powder, 6 ounces almond milk, 1 tbsp almond butter, and 3 ounces of banana.</td>
<td>Tuna salad consisting of 4 ounces albacore tuna, 1/2 ounce pitted olives, 3 tbsp balsamic vinaigrette, 2 ounces tomato, and 1/2 ounce onion. On the side, 5 ounces of peach.</td>
</tr>
<tr>
<td>305 Cal.</td>
<td>402 Cal.</td>
<td>276 Cal.</td>
</tr>
<tr>
<td>Prepare 4 ounces of filet mignon. On the side, have 6 ounces of steamed broccoli and 1/2 ounce of brown rice.</td>
<td>Grill one 4-ounce turkey burger. Place on a whole-wheat bun and top with 1-1/2 ounces of avocado. On the side, have 2 cups of garden salad topped with 3 tbsp of balsamic vinaigrette.</td>
<td>Grill 4-1/2 ounces of chicken breast and cover with 1 tbsp of barbecue sauce. On the side, have 2 cups of garden salad topped with 3 tbsp balsamic vinaigrette.</td>
</tr>
<tr>
<td>343 Cal.</td>
<td>325 Cal.</td>
<td>341 Cal.</td>
</tr>
</tbody>
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* Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.