## WEEK 10

**Goal: Stay Healthy Advanced**

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

### DAY 1

**CARDIO**

Incorporate some high-intensity interval training to add some speed plus strength to your cardio routine. You can 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).

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

**Cool-down:** 5 mins / Zone 3 decreasing to 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

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps/Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAMSTRING STRETCH</td>
<td>10 reps 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>
<tr>
<td>GLUTE FOAM ROLL</td>
<td>Roll back and forth on each side for 10 reps</td>
</tr>
</tbody>
</table>

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.

### 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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**CARDIO**

Do 60 mins of cardio on a machine of your choice: treadmill, elliptical or stationary bike. The level of intensity here varies. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

**Warm-up:** 10 mins / Zone 3

**Interval Cycle 1 (repeat 6 times)**

- 2 mins / Zone 4
- 2 mins / Zone 2

**Interval Cycle 2 (repeat 6 times)**

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

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

**Stretching:** 5 mins

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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

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

**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.

**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.

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### WEEK 10

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#### DAY 1

**BALANCE AND STRENGTH**

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 mins between each set.

**SQUAT JUMP ONTO BOX — 12 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 — 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. Switch sides and repeat.

**PLYOMETRIC SIDE PLANK — 12 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.

See more on next page »

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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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**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** – 12 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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**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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The Gold's Gym 12-Week Personal Transformation Plan

WEEK 10

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CLASS DAY

Focus: Cardio and Flexibility/Strength

Cardio
Do 15 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 of Zone 4. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

Flexibility and Strength
Attend a power yoga class (1 hour).

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**QUOTE OF THE WEEK:**
Iron rusts from disuse...even so does inaction sap the vigor of the mind.
— Leonardo da Vinci

**WEEK 10**

**Goal: Stay Healthy Advanced**

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

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**DAY 1**

**CARDIO**

Do 60 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. The level of intensity here varies. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

**Warm-up:** 10 mins / Zone 3

**Interval Cycle (repeat 4 times)**

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

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

**Stretching:** 5 mins

**STRENGTH TRAINING**

**CONTINUOUS TIMED CIRCUIT**

Put 25 mins on the clock and repeat this circuit until time runs out—no breaks between exercises!

**PUSHUPS — 10 reps**

Get on all fours, and place your hands on the floor slightly wider than and in line with 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.

**MOUNTAIN CLIMBERS — 20 reps each side**

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.

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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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See more on next page »

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[GO NOW]
WEEK 10

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STRENGTH TRAINING

SQUATS — 15 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.

SIDE PLANK WITH TWIST — 12 reps each side
Lie on your side and position yourself on your bottom elbow and the side of your bottom foot. Lift your hips off the ground so your body forms 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.

BICYCLE SITUP — 20 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.

STRETCHING:

- STRETCHING: 5 mins
- 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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GO NOW
**WEEK 10**

**Goal: Stay Healthy Advanced**

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### STAY HEALTHY MEAL PLAN

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<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>Scramble 2 whole eggs and 1 egg white with 1/2 cup 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. 512 Cal.</td>
<td>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup almond milk. 577 Cal.</td>
<td>1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit. 450 Cal.</td>
</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. 585 Cal.</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. 450 Cal.</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. 747 Cal.</td>
</tr>
<tr>
<td>1 cup red grapes. 1/2 cup sunflower seeds. 192 Cal.</td>
<td>1 apple with 1 tbsp almond butter. 165 Cal.</td>
<td>1 cup red grapes. 1/2 cup sunflower seeds. 192 Cal.</td>
</tr>
</tbody>
</table>

**DINNER**

<table>
<thead>
<tr>
<th><strong>TOTAL CALORIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1829 Calories</td>
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</table>

**STAY HEALTHY MEAL PLAN**

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.
**The Gold's Gym 12-Week Personal Transformation Plan**

**QUOTE OF THE WEEK:**

Iron rusts from disuse...even so does inaction sap the vigor of the mind.

— Leonardo da Vinci

**WEEK 10**

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### WEEK 10 MENU

#### STAY HEALTHY MEAL PLAN

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
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<td></td>
<td></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. 439 Cal.</td>
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</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. 439 Cal.</td>
<td>2 small low-sodium turkey sausage links. Scramble 1 egg and pair with a 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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<tr>
<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>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>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>
<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>
</tr>
<tr>
<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>
<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>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>
<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>
<td></td>
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</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td>1635 Calories</td>
<td>1985 Calories</td>
<td>1850 Calories</td>
<td></td>
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</table>

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