WEEK 11

Goal: Boost Performance

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

CARDIO

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). As a general guide, treadmill incline should be somewhere between a 6% 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.

Warm-up: 10 mins / Zones 2–3

Interval Circuit 1 (one time)
- Speed Interval: 5 mins / Zone 4
- Rest Interval: 5 mins / Zone 2
- Speed Interval: 4 mins / Zone 4
- Rest Interval: 4 mins / Zone 2

Interval Circuit 2 (six times)
- Speed Interval: 30 secs / Zone 5
- Recovery: 30 secs

Cooldown: 5–10 mins / Zone 1

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CARDIO + STRENGTH TRAINING COMBINED

BOOTCAMP WORKOUT
This strength workout is great for all your muscles, plus it adds a little cardio to keep it interesting.

Series 1 (10 times, then rest 1 min)

JUMPING JACKS — 45 secs
Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump your feet out to the sides. Immediately jump back to the starting position.

WALKING HIGH KNEES — 15 reps each side
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.

LATERAL STEPOVER — 8 reps each side
Stand tall with a bench to your right side. Raise your right knee and laterally step your right foot over the bench. Immediately follow the movement with your left leg, so that you end up on the other side of the bench. Repeat to the other side.

Series 2 (10 times; then rest 1 min)

SQUAT JUMP — 8 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.

See more on next page »
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CARDIO + STRENGTH TRAINING COMBINED CONT.

SCISSOR POWER SWITCH — 8 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.

SQUAT, PLANK, PUSHUP — 10 reps
Stand with 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 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.

JUMPING JACKS — 30 secs
Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump your feet out to the sides. Immediately, jump back to the starting position.

Series 3 (10 times; then rest for 1 min)

SPLIT JACKS — 8 reps
Stand tall, your hands hanging at your sides. Lunge forward with your right foot in front of you and your left foot behind you as you reach your left arm skyward and bring your right arm down and slightly behind you. Reverse the motion, going back and forth.

LATERAL LEAP AND HOP — 8 reps each side
Stand on your right leg and take your left foot completely off the ground. Make sure to keep a slight bend in the right knee. Bend your right knee a bit deeper and then explosively leap to the left and land on your left foot. Do not allow your right foot to touch the ground. Pause, and then hop once on your left leg.

See more on next page »

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DAY 1
DAY 2
DAY 3
DAY 4
DAY 5

CARDIO + STRENGTH TRAINING COMBINED

SQUAT THRUSTS — 8 reps
Stand tall with your feet shoulder-width apart and arms hanging at your sides. Push your hips back and bend your knees to descend into a squat. Drop your hips as low as possible and place your palms on the ground. Kick your legs backward so you’re in a pushup position. Quickly bring your legs back to the squat position and jump up quickly back to the starting position.

PUSHUPS PLUS — 8 reps on each side
Assume a standard pushup position with your feet slightly elevated on a bench behind you. With your hands a bit wider than shoulder-width apart, transfer most of your body weight to one hand and slowly lower yourself toward that side until your chest is nearly touching the ground. Pause, and then push yourself back up to the starting position. Repeat on the other side.

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 1

**CARDIO TRIATHLON**

Step it up to the advanced version of the Gold's Gym Indoor Cardio Triathlon—you’re ready!

**STAIR STEPPER (10 mins)**

A traditional triathlon starts with swimming, but for our indoor version try a stair stepper that provides a challenging cardio workout. Think of this portion as your warm-up to the bike and run. Use the handles for balance—don’t hang or pull on them.

**Tip:** As with most cardio machines, interval training will help burn more calories.

**BICYCLE (45 minutes)**

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 min (RPM).

**Tip:** For the last 2 mins, lower the resistance and increase your RPM to 90.

**TREADMILL (2 miles)**

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.

### 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 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

### DAY 4

**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.

### DAY 5

**WARM-UPS**

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

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

- **GOOD MORNING STRETCH**
  - 5 reps

### MENU

**CARDIO TRIATHLON**

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

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<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>
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<tbody>
<tr>
<td><strong>CARDIO</strong></td>
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<tr>
<td>Do this 30-minute circuit first on the stationary bike then on the treadmill, mimicking the same exertion levels.</td>
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<td>Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort. Focus on pushing yourself but keep good posture with your hips, shoulders and neck relaxed.</td>
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<td><strong>Interval Circuit</strong></td>
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<td>7 mins: Zone 1</td>
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<td><strong>WARM-UPS</strong></td>
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<td><strong>STRETCH SESSION</strong></td>
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<td>QUAD STRETCH</td>
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<td>STRAIGHT-LEG CALF STRETCH</td>
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<td>CAT CAMEL</td>
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Get more fitness tips + workout ideas at the *Gold's Gym Strength Exchange*
**WEEK 11**

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<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<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. 487 Cal.</td>
<td>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup almond milk. 577 Cal.</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. 697 Cal.</td>
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<tr>
<td><strong>LUNCH</strong></td>
<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>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. 625 Cal.</td>
<td>Prepare one 4-ounce lamb steak. On the side, have 1 cup of quinoa mixed with fresh herbs and 1 tbsp olive oil, 1/2 cup of steamed carrots with 1/2 cup of chopped red onion, and 1/2 of an apple. 634 Cal.</td>
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<td><strong>SNACK</strong></td>
<td>1 apple. 1/3 cup unsalted pecans. 323 Cal.</td>
<td>1/3 cup pecans. 1 pear. 270 Cal.</td>
<td>8 to 10 celery sticks with 1 tbsp pecan butter. 110 Cal.</td>
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<tr>
<td><strong>DINNER</strong></td>
<td>Grill one 5-ounce lamb chop. Have 3/4 cup of herb quinoa cooked with 1 tbsp olive oil and 1 cup of steamed green beans on the side. Finish with 1/2 cup of raspberries. 681 Cal.</td>
<td>6 ounces broiled wild salmon. Sauté 1-1/2 cup chopped asparagus in grapeseed oil and garlic. For a dip, mix 1/2 cup low-fat Greek yogurt with dill and garlic. 465 Cal.</td>
<td>Broil a 4-ounce grass-fed beef burger (no bun). On the side, cut one medium potato in half and scoop out about half the potato on each side, sprinkle each side with herbs and a tbsp olive oil, and bake. Sauté 1 cup spinach with 1/2 of a medium tomato, herbs, and 1 tsp garlic. 590 Cal.</td>
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<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td>2076 Calories</td>
<td>1937 Calories</td>
<td>2031 Calories</td>
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*Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.*
**BOOST PERFORMANCE MEAL PLAN**

<table>
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<tr>
<td>BREAKFAST</td>
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<tr>
<td>DAY 4</td>
<td>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup almond milk. 577 Cal.</td>
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<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. 580 Cal.</td>
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<td>1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit. 450 Cal.</td>
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<tr>
<td>LUNCH</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. 496 Cal.</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 of brown rice. 625 Cal.</td>
<td>1 cup of pinto beans sautéed in 1 tbsp 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. 775 Cal.</td>
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<tr>
<td>SNACK</td>
<td>2 ounces of sliced low-sodium turkey breast. 30 gluten-free crackers and 1 cup of red grapes. 315 Cal.</td>
<td>1 slice low-fat Swiss cheese. 1 whole nectarine. 145 Cal.</td>
<td>3 ounces of grilled chicken strips with gluten-free bread crumbs, dipped in 1/2 cup of Greek yogurt with green onion and garlic. 312 Cal.</td>
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<tr>
<td>DINNER</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. 600 Cal.</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. 525 Cal.</td>
<td>Broil one 4-ounce pork chop. On the side, have 1/2 cup brown and wild rice mixture, sautéed broccoli with jalapeno or serrano chili peppers, and 1/2 cup fresh blueberries. 472 Cal.</td>
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<tr>
<td>TOTAL CALORIES</td>
<td>1988 Calories</td>
<td>1875 Calories</td>
<td>2009 Calories</td>
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* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.