### WEEK 11

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

<table>
<thead>
<tr>
<th>DAY 1</th>
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**Focus:** Cardio and Core  
**Warm-up:** 8 mins / brisk walk or jog on a treadmill

#### CARDIO

**TREADMILL INCLINES — Jogging**  
Increase incline level every 1 min until reaching Incline 15  
Decrease incline level every 1 min until reaching 0  
**Duration:** 30 mins  
**Walk:** 2 mins  
Repeat (You can do it!!)

- **Beginner:** 4.5–5.5 mph  
- **Intermediate:** 5.5–6.5 mph  
- **Advanced:** 6.5–7.5 mph

#### STRENGTH TRAINING

**Core Circuit (3 times; rest for 1 min at the end of each circuit)**

**PLANK — Hold for 30 secs**  
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.

**QUADRUPED LEG RAISE**  
Get down on all fours with your back straight. Maintaining 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.

- **Round 1:** Do as many as you can for 1 min  
- **Round 2:** Do as many as you can for 45 secs  
- **Round 3:** Do as many as you can for 30 secs

See more on next page »

#### WARM-UPS

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

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WEEK 11

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DAY 1

STRENGTH TRAINING

SIDE PLANK — Hold for 30 secs each side
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.

SUPERMAN — 15 reps
Lie facedown on the floor with your legs straight and arms over head. Your palms should be down on the floor. Squeeze your glutes and lower back to raise your upper body off of the floor with your hands out in front of you. Simultaneously, lift your straight legs off the floor. Pause at the top for two seconds. Relax and return to the starting position.

Stretching: 5 mins

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

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GO NOW
WEEK 11

Goal: Get Lean

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

Focus: Strength

Warm-up: 8 mins / brisk walk or jog on a treadmill

STRENGTH TRAINING

Superset 1 (3 times; rest 30 secs at the end of each superset)

DUMBBELL DEADLIFT
Set a pair of dumbbells on the floor in front of you. Bend at your hips and knees, and grab the dumbbells with an overhand grip. Without allowing your lower back to round, stand up with the dumbbells and thrust your hips forward. Lower your body back to the starting position.

Round 1: 10 reps
Round 2: 12 reps
Round 3: 15 reps

SQUAT JUMP
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.

Round 1: 10 reps
Round 2: 12 reps
Round 3: 15 reps

See more on next page »

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**STRENGTH TRAINING** (CONT.)

**Superset 2 (3 times; rest 30 secs at the end of each superset)**

**STATIONARY SIDE-LUNGE**

Stand tall with your feet about double shoulder-width apart, your hands cupped in front of your chest. Push your hips back, bend your right knee, and shift your weight to the right, dropping your hips. Return to the starting position and then immediately repeat to the left.

- **Round 1:** 10 reps each side
- **Round 2:** 12 reps each side
- **Round 3:** 15 reps each side

**MOUNTAIN CLIMBER**

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 of a line as possible. Return to the starting position and repeat the movement with your opposite leg.

- **Round 1:** 10 reps each side
- **Round 2:** 12 reps each side
- **Round 3:** 15 reps each side

**Superset 3 (3 times; rest 30 secs at the end of each superset)**

**LEG EXTENSION MACHINE**

Sit down on the seat and hook your legs behind the padded bar. Adjust the bar so that it rests on your lower leg. Select a weight and 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.

- **Round 1:** 10 reps
- **Round 2:** 12 reps
- **Round 3:** 15 reps

See more on next page »

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WEEK 11 | Goal: Get Lean
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STRENGTH TRAINING CONT.

LEG CURL
Set the machine to a challenging but doable weight. 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.

Round 1: 10 reps
Round 2: 12 reps
Round 3: 15 reps

Superset 4 (3 times; rest 30 secs at the end of each superset)

SIDE PLANK
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.

Round 1: Hold for 20 secs each side
Round 2: Hold for 40 secs each side
Round 3: Hold for 1 min each side

BICYCLE SIT-UP
Lie on your back with your knees bent and feet flat on the floor. Place your hands-behind-your-head, palms facing forward. 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.

Round 1: 12 reps each side
Round 2: 15 reps each side
Round 3: 20 reps each side

Stretching: 5 mins

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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<tbody>
<tr>
<td><strong>CLASS DAY</strong></td>
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<tr>
<td><strong>Focus:</strong> Flexibility/Strength</td>
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<tr>
<td><strong>Warm-up:</strong> 8 mins / brisk walk or jog on a treadmill</td>
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<tr>
<td><strong>Flexibility and Strength</strong></td>
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<tr>
<td>Attend a Power Yoga class (1 hour).</td>
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</table>

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WEEK 11

Goal: Get Lean
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**DAY 1**

Focus: Cardio and Strength
Warm-up: 8 mins / brisk walk or jog on a treadmill

**CARDIO + STRENGTH TRAINING COMBINED**

**BOOTCAMP WORKOUT** (3 times; rest 30 secs at the end of each circuit)

**MOUNTAIN CLIMBERS** — 40 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.

**WALKING LUNGES** — 20 reps each side
Stand tall with your feet together. Take a large step forward with your right leg. Drop into a lunge, bending both knees to 90 degrees. Keep your torso upright with your chest up and shoulders back. Maintain your balance. Step forward and bring your feet together. Take another step forward with your left leg.

**MEDICINE-BALL WOOD CHOPS** — 15 reps each side
Stand with your feet shoulder-width apart. Hold a medicine ball or weight 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.

**SQUAT, PLANK, PUSHUP** — 8 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.

See more on next page »

**WARM-UPS**

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

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DAY 1

SUPERMAN — Hold for 1 min
Lie facedown on the floor with your legs straight and arms out ahead of you. Your palms should be down 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 seconds. Relax and return to the starting position.

STEP-UPS WITH DUMBBELL — 30 reps each side
Stand behind an exercise bench or box. 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.

PLANK — Hold for 1 min
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.

BICYCLE SIT-UPS — Do continuously for 1 min
Lie on your back with your knees bent and feet flat on the floor. Place your hands behind your head, palms facing forward. Bring your knees to your chest and raise your shoulders. Slowly move your legs in the air as if you’re riding a bike.

SEATED CABLE ROW — 30 reps
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 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.

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.

Stretching: 5 mins

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

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GO NOW

QUOTE OF THE WEEK:
Sacrifice means giving up something good for something better.
— Anonymous
Goal: Get Lean
Gym Days: 5 (pick whichever 5 days of the week you can work out)

DAY 1
Focus: Cardio/Strength
Warm-up: 8 mins / brisk walk or jog on a treadmill

CARDIO
Cardio of your choice (treadmill, elliptical, etc.): 30 mins / High effort

STRENGTH TRAINING
CRAZY 8’S CIRCUIT (no weights)
This was one of the first workouts you did! Let’s see your improvement.

Do each exercise in the circuit 8 times. Then you continue to repeat the circuit for a duration of 4 mins. Record the number of rounds completed.

 Beginner: Aim for 3–4 rounds
 Intermediate: 4–5 rounds
 Advanced: 5–6 rounds

The Circuit (repeat the 4-min circuit 3 times; rest for 1 min at the end of each circuit)

JUMPING JACK — 8 reps
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, reverse the movement and jump back to the starting position. Repeat for all reps.

WALL SQUAT — 8 reps
Stand with your back pressed up against a wall. Your feet should be slightly in front of you and shoulder-width apart. Squat down, keeping your heels flat and knees out. Hold your arms out for balance. Stay in this position for up to 10 seconds, then stand and return to the starting position. Complete all reps.

See more on next page »

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WEEK 11

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**STRENGTH TRAINING CONT.**

**SQUAT, PLANK, PUSHUP — 8 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.

**PUSHUP — 8 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.

**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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**QUOTE OF THE WEEK:**
Sacrifice means giving up something good for something better.
— Anonymous

**WEEK 11**

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### MENU

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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>1 slice whole wheat toast with 1 ounce of cheddar cheese and 2 slices of tomato on top. On the side, have 1/4 cup steel cut oatmeal. 249 Cal.</td>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries. 371 Cal.</td>
<td>1 cup of Greek yogurt with 1 orange and 2 slices of whole grain toast with 1 tsp almond butter. 388 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>Prepare 4 ounces of turkey burger and serve open face on 1 slice of whole wheat toast. On the side, have 1 cup tossed salad with carrots and grape tomatoes. Drizzle balsamic vinaigrette to liking. 605 Cal.</td>
<td>1/2 cup avocado. 1 apple. 189 Cal.</td>
<td><strong>1360 Calories</strong></td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>1 cup lentil soup. On the side, have a small green mesclun salad with 1/2 cup tomatoes and 1/2 cup cucumbers. 252 Cal.</td>
<td>1 whole wheat tortilla with 1 cup of mixed beans; top with salsa. Add in 1 cup of grilled peppers and onions. 448 Cal.</td>
<td>Grilled zucchini, onions, and bell peppers with 4 ounces of grilled chicken breast and 1/2 cup quinoa. 459 Cal.</td>
</tr>
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</tr>
<tr>
<td>Grill 4 ounces of chicken. Pair with 1/2 cup brown rice and 1 cup steamed mixed greens. 379 Cal.</td>
<td>1 cup fresh fruit of choice. 10 walnuts. 254 Cal.</td>
<td><strong>1387 Calories</strong></td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
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<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>1 cup watermelon. 10 almonds. 254 Cal.</td>
<td>1/2 cup avocado. 1 apple. 189 Cal.</td>
<td>1 cup of Greek yogurt with 1 orange and 2 slices of whole grain toast with 1 tsp almond butter. 388 Cal.</td>
</tr>
<tr>
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<tr>
<td>Grill 4 ounces of salmon. On the side, have 1/2 cup brown rice, 1 cup chopped cucumber mixed with 1/2 cup chopped tomatoes and 1 tbsp oil and vinegar. 586 Cal.</td>
<td>1 cup fresh fruit of choice. 10 walnuts. 254 Cal.</td>
<td><strong>1687 Calories</strong></td>
</tr>
</tbody>
</table>

*Each day is based on a balance of approximately 1200-1400 average total calories to be consumed per day. If you are intensely training, try having a protein smoothie with breakfast.*
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<td><strong>DINNER</strong></td>
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<td><strong>MENU</strong></td>
</tr>
<tr>
<td>Scramble 3 whole eggs. On the side, have 1/3 cup cooked oatmeal and 1/2 grapefruit.</td>
<td>Bake 4 ounces of chicken breast. On the side, have 1 cup steamed veggies and 1/2 cup brown rice.</td>
<td>3 celery sticks with 2 tbsp raw almond butter.</td>
<td>Bake 4 ounces of turkey breast. On the side, have 1 cup steamed asparagus, 1 small red potato, and 1 cup of chopped fresh watermelon.</td>
<td><strong>1369 Calories</strong></td>
<td></td>
</tr>
<tr>
<td>425 Cal.</td>
<td>456 Cal.</td>
<td>204 Cal.</td>
<td>284 Cal.</td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>1353 Calories</strong></td>
</tr>
<tr>
<td>1/2 cup of low-fat cottage cheese. 1 slice of whole grain toast with 1 tbsp almond butter. 1/2 grapefruit.</td>
<td>Salad made with raw vegetables of choice, tomatoes, 4 ounces of boiled shrimp, and 1 tbsp olive oil and balsamic vinegar dressing.</td>
<td>1 apple.</td>
<td>Prepare 4 ounces of Cornish hen with the skin removed. On the side, have 1 cup of spinach and one small red potato.</td>
<td><strong>1412 Calories</strong></td>
<td></td>
</tr>
<tr>
<td>310 Cal.</td>
<td>481 Cal.</td>
<td>72 Cal.</td>
<td>490 Cal.</td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>1412 Calories</strong></td>
</tr>
<tr>
<td>Protein shake made with 1 scoop whey protein, 1 cup fresh blueberries, 12 ounces water, and 1/4 cup oatmeal.</td>
<td>Salad made with raw vegetables of choice, 4 ounces of grilled chicken breast, and 1 tbsp of vinaigrette dressing. On the side, have 1 slice of whole grain bread.</td>
<td>2 tbsp almonds.</td>
<td>Grill 4 ounces of sirloin steak. On the side, have 4 pieces of steamed broccoli and 1 baked sweet potato.</td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>1412 Calories</strong></td>
</tr>
<tr>
<td>351 Cal.</td>
<td>431 Cal.</td>
<td>170 Cal.</td>
<td>460 Cal.</td>
<td><strong>TOTAL CALORIES</strong></td>
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