QUOTaE OF THE WEEK:
In the end, if you’re still just there, doing it, you win.
— Laird Hamilton

The Gold’s Gym 12-Week Personal Transformation Plan

WEKK 12

Goal: Boost Performance

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

DAY 1

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

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

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, 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 Cycle (4 times)
  + Speed Interval: 3 mins / Zone 4
  - Rest Interval: 5 mins / Zone 2

Cooldown: 5–10 mins / Zone 1

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DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

MENU

CARDIO + STRENGTH TRAINING COMBINED

BOOTCAMP WORKOUT

To get started, gather the equipment you need for the workout in one place:

• Mat
• Medicine ball
• Dumbbells
• Resistance band
• Exercise bench or box

Make sure you have some room around you to move freely without disturbing others. Then cycle through all 10 moves in the workout below and repeat the circuit three more times.

MOUNTAIN CLIMBERS — 1 min
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.

WALKING LUNGES — 12 reps each leg
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 — 20 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.

See more on next page »
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DAY 1
DAY 2
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DAY 4
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MENU

CARDIO + STRENGTH TRAINING COMBINED
CONT.

SQUAT, PLANK, PUSHUP — 8 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 your legs back so you’re in a full plank position. Keeping 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.

REVERSE CRUNCH — 20 reps
Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms on the floor for support. 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 floor as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

STEP-UPS WITH DUMBBELLS — 12 reps each leg
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, 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.

BICYCLE SIT-UPS — Do continuously for 1 min
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.

See more on next page »

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GO NOW
**The Gold’s Gym 12-Week Personal Transformation Plan**

**WEEK 12**

**Goal: Boost Performance**

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

### DAY 1

**CARDBOARD TRAINING COMBINED**

**SEATED CABLE ROW** — 20 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.

### DAY 2

**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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**GO NOW**
WEEK 12

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DAY 1

CARDIO

Do 45 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike—keeping the pace within an exertion zone of 2–3. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING

Core Circuit (3 times, with 1 min of rest between each circuit)

PLANK — Hold for 1 min
Lie facedown with your elbows directly beneath your shoulder 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.

QUADRUPED LEG RAISE — Do as many as you can for 1 min
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.

SIDE PLANK — Hold for 45 secs on 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.

SUPERMANS — 12 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 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 secs. Relax and return to the starting position.

Cooldown: 5 mins cardio and stretching

DAY 2

CARDIO

STRENGTH TRAINING

DAY 3

CARDIO

STRENGTH TRAINING

DAY 4

CARDIO

STRENGTH TRAINING

DAY 5

CARDIO

STRENGTH TRAINING

For tips and support, join the Gold's Gym FB page!

GO NOW
WEEK 12

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DAY 1

CLASS DAY

Attend a restorative yoga class (1 hour).

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GO NOW
WEEK 12

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### CARDIO

Today's the day of your final Gold's Gym Indoor Cardio Triathlon! Use all the strength you've built in the past 12 weeks to have your best performance yet.

**STAIR STEPPER (15 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 (55 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 min (RPM).

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

**TREADMILL (23 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.

### 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 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.

### WARM-UPS

- **SHOULDER CIRCLES**
  30 secs each direction

- **NECK ROTATIONS**
  5 reps each side

- **GOOD MORNING STRETCH**
  5 reps

### 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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**BREAKFAST**

**DAY 1**

Use 2 eggs to make an omelet with a chopped slice of low-fat cheddar cheese, 1/2 cup chopped broccoli, 1/2 cup chopped red peppers, a touch of cayenne pepper, and 1 tbsp grapeseed oil. On the side have 1 slice of gluten-free toast with 1 tsp butter.  

535 Cal.

**DAY 2**

1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup of almond milk.  

577 Cal.

**DAY 3**

Scramble 2 whole eggs and 1 egg white with 1/2 cup nonfat milk, 1 tbsp Parmesan cheese, chopped serrano chilies, and 1/2 tbsp of turmeric powder. On the side, have 2 slices of gluten-free toast with 1/2 tbsp of butter each.  

512 Cal.

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**LUNCH**

**DAY 1**

Prepare a 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.

**DAY 2**

Turkey sandwich with 4 ounces of sliced turkey, lettuce, tomato, and hot mustard on 2 slices of gluten-free bread. Pair with 1 cup steamed vegetables and 1 cup gluten-free pasta.  

547 Cal.

**DAY 3**

1 cup of pinto beans sautéed in 1 tbsp of 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.

---

**SNACK**

**DAY 1**

1 cup red grapes.  

192 Cal.

**DAY 2**

In a bowl, mix 1 cup low-fat cottage cheese, 1 cup raspberries, and 1/3 cup pecans. Drizzle 1/3 tbsp of honey over the top.  

474 Cal.

**DAY 3**

8 to 10 zucchini, carrot, and celery sticks with 1 tbsp of red pepper hummus.  

70 Cal.

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**DINNER**

**DAY 1**

Slice a 4-ounce chicken breast in half; stuff with pesto, spinach, and herbs, and bake. On the side, have 2 cups boiled quinoa with 1/3 cup chopped pecans, plus 1 to 2 cups of sautéed red cabbage and asparagus and 1/2 of a banana (add the 1/2 banana at the very end of the sauté process).  

814 Cal.

**DAY 2**

Grill 5 ounces of liver and sauté onions in 1 tbsp of olive oil. On the side, have 1 cup quinoa steamed with 1 cup broccoli.  

525 Cal.

**DAY 3**

Grill 6 ounces of halibut. On the side, have 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 cover the halibut.  

574 Cal.

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**TOTAL CALORIES**

2175 Calories  
2123 Calories  
1931 Calories

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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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**QUOTE OF THE WEEK:**

In the end, if you’re still just there, doing it, you win.  

— Laird Hamilton
**WEEK 12**

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### BREAKFAST

#### DAY 4

1 gluten-free bagel with 6 ounces of your favorite specialty nonfat cream cheese, and spinach leaves.  
**587 Cal.**

#### DAY 5

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.**

#### DAY 6

1 cup of low-fat Greek yogurt with 1/3 cup almonds, 1 cup of gluten-free high-fiber cereal, 1 cup of blackberries and 1 tbsp of honey.  
**585 Cal.**

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### LUNCH

#### DAY 4

Turkey sandwich made with 5 ounces of sliced turkey, 1/2 sliced avocado, tomato, lettuce, and hot mustard on 2 slices of gluten-free bread. On the side, have 1 peach with the skin left on.  
**548 Cal.**

#### DAY 5

Ground chicken wrap made with 4 ounces ground chicken, 1 tbsp olive oil, ground peppers, 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.**

#### DAY 6

Turkey wrap made with 3 ounces of low-sodium turkey, 1 slice of ground low-fat cheddar cheese, 1 tbsp flax meal, 1/2 cup of raw broccoli, and 1 tbsp nonfat mayo and hot mustard. Wrap in a brown rice tortilla.  
**412 Cal.**

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### SNACK

#### DAY 4

1 cup red grapes.  
1/2 cup sunflower seeds.  
**192 Cal.**

#### DAY 5

1 orange.  
1/3 cup walnuts.  
**237 Cal.**

#### DAY 6

1 slice of low-fat Jarlsberg cheese.  
1 whole kiwi fruit and 1/2 of a sliced green apple.  
**170 Cal.**

---

### DINNER

#### DAY 4

One 5-ounce grilled pork chop. On the side, have 2 cups of sautéed asparagus in 1 tbsp of grapeseed oil.  
**415 Cal.**

#### DAY 5

Mix 4-1/2 ounces of sardines with an assorted vegetable salad, 1 cup of brown rice, and 2 tbsp light vinaigrette.  
**520 Cal.**

#### DAY 6

Three 2-ounce beef meatballs sautéed with 1 to 2 cups of white and red cabbage and 3 tbsp grapeseed oil. For dessert, have 1 baked apple with cinnamon.  
**670 Cal.**

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### TOTAL CALORIES

**DAY 4:** 1742 Calories  
**DAY 5:** 2013 Calories  
**DAY 6:** 1837 Calories

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