The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 12

Goal: Build Muscle Advanced

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

DAY 1

Warm-up: 15-min brisk walk or jog on the treadmill / Zone 3
(Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING

CABLE CROSSOVER — 3 sets of 15 reps each side; rest 30 secs between sets
Begin in a staggered stance with your body positioned in the middle of a dual cable machine with one weight stack on either side of you. Adjust the handles so they’re slightly lower than shoulder height and grab the handles so your palms are facing forward and your arms are roughly parallel with the ground. Maintain a slight bend in the elbows. Contract your pecs and pull your arms together in front of you, keeping a slight forward lean from the waist up. Pause, and then slowly return the weight back to the starting position.

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

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 FRONT RAISE — 3 sets of 15 reps; rest 30 secs between sets
Stand tall with your feet hip-width apart, holding a dumbbell in each hand in front of your thighs. Your palms should face toward you. Raise your arms in front of you, pausing once the dumbbells reach shoulder height. Return the weights to the starting position.

See more on next page »

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

GO NOW
WEEK 12

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

DAY 1

STRENGTH TRAINING CONT.

STRAIGHT-ARM 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.

EZ-BAR PREACHER CURL — 3 sets of 15 reps; rest 30 secs between sets
Grab an EZ-bar with an underhand grip, hands shoulder-width apart, and sit on a preacher bench. Place the back of your upper arms against the padding and allow your arms to fully extend. Contract your biceps and curl the bar toward your face. Raise the bar as high as possible while maintaining constant tension on the biceps. Pause, and then slowly lower the bar back to the starting position.

TRICEPS DUMBBELL KICKBACK — 3 sets of 15 reps each side; rest 30 secs between sets
Kneel over one side of a weight bench by placing the right knee and right hand on the bench. Position the left leg slightly back and to the side with the left foot firmly planted on the floor. The torso should be parallel to the floor. Grab a dumbbell with the left hand with an overhand grip, and position the elbow at your side so the upper arm is parallel to the floor. Now extend the left arm to full extension by contracting the triceps.

Cooldown
Light cardio and 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 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

For tips and support, join the Gold’s Gym FB page!
WEEK 12

Goal: Build Muscle Advanced

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 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**

**STANDING RESISTANCE-BAND HIP ABDUCTION — 3 sets of 15 reps each side; rest 30 secs between sets**

Loop a resistance band around a sturdy object and your ankle. Stand tall with the looped ankle farthest from the opposite end of the band while holding the sturdy object with your inside arm. This is your starting position. Lift looped ankle up and straight out to the side as far as possible. Pause, then return leg to starting position.

**LATERAL SQUAT — 3 sets of 15 reps each side; rest 30 secs between sets**

Begin by standing tall with your heels pressed together, turning your toes out to 45 degrees. Keep your hands on your hips for support. Slide your right foot out farther than hip width, keeping your left foot in the same position, and descend into a squat position. Make sure to keep your chest pushed out and abs tight the entire time. Rise out of the squat position, sliding your leg back to the starting position before repeating with your opposite side.

See more on next page »

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

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

WEEK 12
Goal: Build Muscle Advanced
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>
</thead>
</table>

STRENGTH TRAINING
CONT.

SPLIT SQUAT WITH DUMBBELL — 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.

STANDING CALF RAISE — 3 sets of 20 reps; rest 30 secs between sets
Stand on a box or stair with your heels and mid-foot hanging off the edge. Use a wall or rail to stay balanced. Raise your heels as high as possible, pause, and then lower them back into the starting position. 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 cross over 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.

CRUNCH — 3 sets of 40 reps; rest 30 secs between sets
Lie flat on your back, placing your hands behind your head or cross over 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.

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 and 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.

See more on next page »

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

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

QUOTE OF THE WEEK:

"In the end, if you’re still just there, doing it, you win."
— Laird Hamilton

WEEK 12

Goal: Build Muscle Advanced

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

DAY 1

SUPERMAN — 3 sets of 15 reps; rest 30 secs between sets
Lie facedown on the floor with your legs straight and arms stretched 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 secs. Relax and return to the starting position.

Cool down
Light cardio and 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 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

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

GO NOW
WEEK 12

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

CLASS DAY

Attend a GGX class (1 hour).

For tips and support, join the Gold’s Gym FB page!
### WEEK 12

**Goal:** Build Muscle Advanced  
**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>
</thead>
</table>

#### Warm-up
15-min brisk walk or jog on the treadmill / Zones 3–4  
(Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

#### STRENGTH TRAINING

**SQUAT, PLANK, PUSHUP** — 3 sets of 12 reps; rest 30 secs between sets  
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.

**STRAIGHT-ARM 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.

**DUMBBELL FLY** — 3 sets of 15 reps; rest 30 secs between sets  
Grab a pair of dumbbells and lie on your back on a bench with a 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.

**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.

#### WARM-UPS

- **SHOULDER CIRCLES**  
  30 secs each direction

- **NECK ROTATIONS**  
  5 reps each side

- **GOOD MORNING STRETCH**  
  5 reps

---

For tips and support, join the Gold's Gym FB page!  
[GO NOW](https://www.facebook.com/golds/)

© Gold’s Gym  |  Privacy Policy  |  Terms & Conditions

QUOTE OF THE WEEK:  
In the end, if you’re still just there, doing it, you win.  
— Laird Hamilton
**WEEK 12**

**Goal:** Build Muscle Advanced

**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>
</thead>
<tbody>
<tr>
<td><strong>STRENGTH TRAINING</strong> CONT.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SINGLE-ARM STANDING CABLE REVERSE FLY</strong> — 3 sets of 15 reps each side; rest 30 secs between sets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DUMBBELL SHOULDER PRESS</strong> — 3 sets of 15 reps; rest 30 secs between sets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HOVERING SITUP</strong> — 3 sets of 30 reps; rest 30 secs between sets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Start by sitting with your feet and upper back off the ground and knees bent toward your chest, placing your hands behind your head for support and balance. Make sure not to pull at your neck. Tighten your abs and straighten your legs out completely while leaning back, touching your lower back to the ground while making sure that your shoulders remain in the air. Use your abs to crunch up and return to the starting position, repeating for the desired number of repetitions.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MEDICINE-BALL WOOD CHOP</strong> — 3 sets of 15 reps each side; rest 30 secs between sets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SUPERMAN</strong> — 3 sets of 20 reps each side; rest 30 secs between sets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lie facedown on the floor with your floor stretched and arms stretched out ahead of you. Your palms should be down on the floor. Squeeze your glutes and lower 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 secs. Relax and return to the starting position.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cooldown</strong></td>
<td>Light cardio and stretching: 5 mins</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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

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

**GO NOW**

© Gold's Gym | Privacy Policy | Terms & Conditions
WEEK 12

Goal: Build Muscle Advanced
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: 2 mins / Zone 2
+ Speed Interval: 30 secs / Zone 3
- Rest Interval: 2 mins / Zone 1
+ Speed Interval: 30 secs / Zone 4
- Rest Interval: 1 min / Zone 2
+ Speed Interval: 1 min / Zone 5

Cooldown: 2 mins / Zone 1

STRENGTH TRAINING

STEP-UP WITH DUMBBELL — 3 sets of 15 reps each side; rest 30 secs between sets
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.

WALL SQUATS — 3 sets of 15 reps; rest 30 secs between sets
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.

BRIDGE WITH LEG EXTENSION — 3 sets of 15 reps each side; rest 30 secs between sets
Lie on your back with your knees bent and heels flat against the floor. Keep your feet hip-width apart. Tighten your stomach and press your heels into the floor, driving your hips upward and finishing the movement by squeezing your glutes, making sure not to use your lower back. While in this position, take one foot off the ground and extend that leg fully in front of you. Return your leg to the ground and repeat with the opposite leg.

See more on next page »
WEEK 12

Goal: Build Muscle Advanced

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

STRENGTH TRAINING CONT.

STANDING CABLE HIP ABDUCTION – 3 sets of 15 reps; rest 30 secs between sets
Stand tall with one shoulder next to the cable machine. Your legs about shoulder-width apart and the ankle attachment placed around the ankle that’s farthest from the cable machine. Place one hand on your hips, while your other hand is securely positioned on cable machine. Raise the weighted leg out laterally as high as possible. Pause and then reverse the motion back to starting position. After all reps are done switch legs and repeat. Do all reps, switch legs and repeat.

LEG CURL MACHINE – 3 sets of 15 reps; rest 30 secs between sets
Lie on your stomach on the bench part of the machine and 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.

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.

CRUNCH – 3 sets of 40 reps; rest 30 secs between sets
Lie flat on your back, placing your hands behind your head or cross over 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 the ground. Squeeze your abs at the top of the movement and hold for one second. Return to starting position and repeat.

See more on next page »
**WEEK 12**

**Goal: Build Muscle Advanced**

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

---

**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 and 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 towards the ceiling. Do all reps, switch sides, and repeat.

**Cooldown**

Light cardio and 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 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

---

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

[GO NOW]
**WEEK 12**

**Goal: Build Muscle Advanced**

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

**BUILD MUSCLE MEAL PLAN**

<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>Protein smoothie made with 6 ounces almond milk, 1-1/2 scoops whey protein* powder, 1 tbsp almond butter, and 1-1/2 ounces banana. <strong>307 Cal.</strong></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 balsamic vinaigrette. <strong>325 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>
<tr>
<td>Scrambled eggs with 6 egg whites and 1 whole egg. On the side, have 1-1/2 ounces of unsweetened oatmeal. <strong>332 Cal.</strong></td>
<td>Chicken and cheese burrito made with 5 ounces boneless, skinless chicken breast, 1 ounce cheddar cheese, and 1/3 cup mixed vegetables. Enclose in a sprouted-whole-grain wrap. <strong>345 Cal.</strong></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 ounces onion. On the side, 5 ounces of peach. <strong>276 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td>1 Advanced Athletics meal replacement bar or a Quest protein bar. <strong>240 Cal. / Calories vary</strong></td>
</tr>
<tr>
<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>
<td>Prepare 5-1/2 ounces of seared scallops. On the side, have 1/2 cup brown rice and 2 cups raw spinach leaves. <strong>314 Cal.</strong></td>
<td>Prepare a 5-ounce pork tenderloin. Glaze with 2 tbsp orange honey mustard (made of 1 tbsp honey, 2 tsp dijon mustard, and 1 tsp orange juice). On the side, have 1 cup steamed green beans drizzled with 1/3 tbsp olive oil. <strong>304 Cal.</strong></td>
</tr>
</tbody>
</table>

*Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.*
QUOTE 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

WEEK 12

Goal: Build Muscle Advanced
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>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MENU</strong></td>
<td><strong>BUILD MUSCLE MEAL PLAN</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scramble 6 egg whites and 1 whole egg. Add 1 cup of spinach, 3 ounces broccoli, 3 ounces mushrooms, and 3 ounces tomato. On the side, have 3 ounces of blueberries.</td>
<td>Mix 1-1/2 scoops whey protein powder with 1 tbsp almond butter and 1-1/2 ounces oatmeal.</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>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>294 Cal.</td>
<td>388 Cal.</td>
<td>321 Cal.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prepare 4-1/2 ounces halibut or shrimp. On the side, have 1-1/2 cups garden salad, 3 tbsp balsamic vinaigrette, and 5 ounces of steamed broccoli.</td>
<td>Sushi lunch consisting of 1 ounce tuna sashimi, 2 ounces of yellowtail sashimi, 2 ounces salmon sashimi, and a 3-piece vegetable roll. On the side, have 1/4 cup brown rice.</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></td>
<td></td>
<td></td>
</tr>
<tr>
<td>351 Cal.</td>
<td>367 Cal.</td>
<td>423 Cal.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<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>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 2 scoops whey protein powder, 6 ounces almond milk, 1 tbsp almond butter, and 5 ounces of strawberries.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>402 Cal.</td>
<td>305 Cal.</td>
<td>386 Cal.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grill 4 ounces of chicken breast. On the side, have 2 cups of raw spinach leaves, 1 ounce garbanzo beans, and 3 tbsp balsamic vinaigrette.</td>
<td>Stir fry 4-1/2 ounces raw shrimp, 1/2 tbsp olive oil, 1/2 cup brown rice, and 6 ounces broccoli.</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>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>308 Cal.</td>
<td>344 Cal.</td>
<td>341 Cal.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.