WEEK 12

Goal: Stay Healthy Advanced

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

CARDIO

Do 50 mins of cardio on a 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: 10 mins / Zones 2–3

Intervals (repeat 5 times)
- 3 mins / Zone 4
- 5 mins / Zone 2

Cooldown: 5–10 mins at an easy pace

Stretching: 5 mins

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 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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CLASS DAY

Focus: Balance, Flexibility and Strength

Attend a power yoga class (1 hour).

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## WEEK 12

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

### DAY 1

**CARDIO**

Do 45 total mins of cardio. Start with 25 mins on the stationary bike, then move to the treadmill for 20 mins. The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

**STATIONARY BIKE (25 mins)**

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

**TREADMILL (20 mins)**

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

**Stretching:** 5 mins

### DAY 3

**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 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 12

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

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
MENU

CARDIO
Do 1 hour of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 2-min warm-up at Zone 2, then maintain an exertion level between Zone 3 and Zone 4. Finish with a 1-minute cooldown at Zone 2. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING
RESISTANCE-TRAINING CIRCUIT (3 rounds; rest 30 secs at the end of each round)
Try this bootcamp-style resistance-training workout. Do these exercises in a circuit; that is, do 1 set of an exercise, then move on to the next exercise. The key is to keep your heart rate high by constantly moving, but make sure to rest as instructed between sets.

OVERHEAD DUMBBELL SQUAT
Hold a pair of dumbbells directly above your head at about shoulder-width apart. Your feet should be shoulder-width apart, too. Maintain a tight core, and begin to lower your hips by pushing them back, and then bending your knees. Make sure the dumbbells remain directly above your head during the entire movement. At the bottom of the movement, your knees should be at about 90 degrees. Pause for a second, and then push through your heels back to the starting position. Repeat until all prescribed reps are completed.

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

STRAIGHT-ARM LAT PULLDOWN
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.

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

See more on next page »

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GO NOW
WEEK 12  

Goal: Stay Healthy Advanced  

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

STRENGTH TRAINING  CONT.

PUSHUP WITH MEDICINE BALL
Grab a medicine ball and place it on the ground. Get in the standard pushup position with one hand on the floor and the other hand on top of the medicine ball. Your body should be in a straight line with your legs straight and toes pointing into the ground. Keeping your core tight, slowly lower yourself toward the ground. Make sure to keep your elbows tucked in close by your sides so they make a 45-degree angle with your torso. Once your chest nearly touches the ground, pause, and then press back up to the starting position. Roll the medicine ball beneath the other hand and perform the same movement. Repeat for the prescribed number of reps.

Round 1: 8 reps each side  
Round 2: 10 reps each side  
Round 3: 12 reps

STEP-UPS WITH DUMBBELLS
Stand behind a box or exercise bench. 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.

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

KETTLEBELL SWING
Hold a single kettlebell with both hands, using an overhand grip and keeping your feet shoulder-width apart. Bend your knees slightly while pushing your hips backward, pushing your chest out and hinging your torso until it is parallel with the floor. Explosively push your hips forward while squeezing your glutes, letting the momentum from this movement propel the kettlebell, not by using your arms.

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

See more on next page »

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GO NOW
HOVERING SITUP
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.

Round 1: 15 reps
Round 2: 20 reps
Round 3: 25 reps

Stretching: 5 mins
WEEK 12

Goal: Stay Healthy Advanced

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

<table>
<thead>
<tr>
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<th>DAY 2</th>
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<th>DAY 5</th>
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</table>

**CARDIO**

Do 1 hour of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 2-min warm-up at Zone 1, then maintain an exertion level between Zone 3 and Zone 4. Finish with a 1-minute cooldown at Zone 2. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

**Stretching:** 5 mins

**WARM-UPS**

- SHOULDER CIRCLES
- NECK ROTATIONS
- GOOD MORNING STRETCH
  
**STRETCH SESSION**

- QUAD STRETCH
- SCORPION
- STRAIGHT-LEG CALF STRETCH
- OVER-UNDER SHOULDER STRETCH
- CAT-CAMEL
- LOWER BACK FOAM ROLL
- CALF FOAM ROLL
- HAMSTRING FOAM ROLL

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GO NOW

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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

**Goal: Stay Healthy 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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>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.</td>
<td>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup of almond milk. <strong>577 Cal.</strong></td>
<td>Scramble 2 whole eggs and 1 egg white with 1/2 cup nonfat milk, 1 tbsp Parmesan cheese, chopped serrano chilies, and 1/2 tsp of turmeric powder. On the side, have 2 slices of gluten-free toast with 1/2 tbsp of butter each. <strong>512 Cal.</strong></td>
</tr>
<tr>
<td><strong>634 Cal.</strong></td>
<td><strong>192 Cal.</strong></td>
<td><strong>474 Cal.</strong></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>1 cup red grapes. 1/2 cup sunflower seeds. <strong>192 Cal.</strong></td>
<td>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. <strong>474 Cal.</strong></td>
<td>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. <strong>525 Cal.</strong></td>
</tr>
<tr>
<td><strong>192 Cal.</strong></td>
<td><strong>474 Cal.</strong></td>
<td><strong>525 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
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</tr>
<tr>
<td>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). <strong>814 Cal.</strong></td>
<td><strong>1931 Calories</strong></td>
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</tr>
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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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In the end, if you’re still just there, doing it, you win.
— Laird Hamilton

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# The Gold’s Gym 12-Week Personal Transformation Plan

**WEEK 12**

**Goal: Stay Healthy Advanced**

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

## STAY HEALTHY MEAL PLAN

<table>
<thead>
<tr>
<th></th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>1 gluten-free bagel with 6 ounces of your favorite specialty nonfat cream cheese, and spinach leaves.</td>
<td>2 small low-sodium turkey sausage links. Scramble 1 egg and pair with a handful of chopped green peppers. 1 cup gluten-free bran cereal. 1 cup nonfat milk. 1 tbsp ground flax meal.</td>
<td>1 cup of low-fat Greek yogurt with 1/3 cup almonds, 1 cup gluten-free high-fiber cereal, 1 cup blackberries and 1 tbsp of honey.</td>
</tr>
<tr>
<td></td>
<td>587 Cal.</td>
<td>660 Cal.</td>
<td>585 Cal.</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Turkey sandwich made with 5 ounces of sliced turkey, 1/2 avocado sliced, tomato, lettuce, and hot mustard on 2 slices of gluten-free bread. On the side, have 1 peach with the skin left on.</td>
<td>Ground chicken wrap made with 4 ounces ground chicken, 1 tbsp olive oil, chopped peppers, onions, tomatoes, and spinach. Wrap in a brown rice tortilla. On the side, have 1 cup Greek yogurt with 1 cup of raspberries.</td>
<td>Turkey wrap made with 3 ounces of low-sodium turkey, 1 slice of 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.</td>
</tr>
<tr>
<td></td>
<td>548 Cal.</td>
<td>596 Cal.</td>
<td>412 Cal.</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>1 cup red grapes. 1/2 cup sunflower seeds. 192 Cal.</td>
<td>1 orange. 1/3 cup walnuts. 237 Cal.</td>
<td>1 slice of low-fat Jarlsberg cheese. 1 whole kiwi fruit and 1/2 of a sliced green apple. 170 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>One 5-ounce grilled pork chop. On the side, have 2 cups of sautéed asparagus in 1 tbsp of grapeseed oil. 415 Cal.</td>
<td>Mix 4-1/2 ounces of sardines with a salad of assorted vegetables, 1 cup of brown rice, and 2 tbsp light vinaigrette. 520 Cal.</td>
<td>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.</td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td>1742 Calories</td>
<td>2013 Calories</td>
<td>1837 Calories</td>
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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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