The Gold’s Gym 12-Week Personal Transformation Plan

QUOTE OF THE WEEK:
The resistance that you fight physically in the gym and the resistance that you fight in life can only build a strong character.
— Arnold Schwarzenegger

WEEK 1
Goal: Build Muscle Advanced
Gym Days: 4 (pick whichever 4 days of the week you can work out)

DAY 1
Warm-up: 5-min brisk walk or jog on the treadmill / Zones 2–3
(Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING
SEATED CABLE ROW — 3 sets of 10 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 LATERAL RAISE — 3 sets of 10 reps; rest 30 secs between sets
Grab a pair of dumbbells and let them hang at your sides. Stand tall and make sure your palms are facing your body. Keeping your elbows slightly bent, raise your arms straight out to the sides until they’re at shoulder level. Pause, then lower the weights back to the starting position.

DUMBBELL BICEPS CURL — 3 sets of 10 reps; rest 30 secs between sets
Grab a pair of dumbbells and stand up straight with a tight torso. Allow the dumbbells to hang at arm's length with palms facing forward. With feet shoulder-width apart, bend your elbows to curl the dumbbells upward to your shoulders. Pause for a second and slowly allow the weights to return to the starting position. Completely straighten your arms and repeat.

TRICEPS PRESSDOWN — 3 sets of 10 reps; rest 30 secs between sets
Facing the pulley station, grab the V-handle attachment, set to a high pulley with a shoulder-width, overhand grip. Holding the attachment and supporting the weight, bring your elbows to your sides so your forearms are parallel to the floor. This is the starting position and from here your elbows shouldn’t move. Extend your forearms straight down by contracting the triceps, twisting the attachment slightly so that your knuckles face the floor at the bottom. Hold at lockout for 1 second before returning to the starting position.

See more on next page »
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**STRENGTH TRAINING**

**PLANK** — 3 sets of 30-sec holds; rest 30 secs between sets
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 30 secs.

**SIDE PLANK** — 3 sets of 30-sec holds; rest 30 secs between sets
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.

**STABILITY-BALL CRUNCH** — 3 sets of 20 reps; rest 30 secs between sets
Lie back on a stability ball, with your feet flat on the floor and your body forming a 45-degree angle with the ball. Cross your hands, and place them on your upper chest. Contract your abs to lift your torso five to 10 inches off the ball, keeping your feet and neck stable, then slowly lower your torso back down.

**Coolown**
Light cardio and stretching: 5 mins

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**STRETCH SESSION**

**HAMSTRING STRETCH**
Hold 30 secs each side
Stand next to an exercise bench. Place one leg on the bench. Stand tall, puff out your chest, and move your shoulders down. Slightly bend your standing leg knee and bend over at the waist. Once you feel a stretch behind the thigh of your lifted leg, stop and hold this position.

**GLUTE STRETCH**
Hold 45 secs each side
Lie on your back and cross one leg over the other. Clasp your hands behind your uncrossed leg. Hug your leg in toward your stomach.

**LYING ABDUCTION STRETCH**
Hold 30 secs each side
Lie on the ground on your right side, your left leg stacked on your right, and your knees bent 90 degrees. Lift your left knee, raising it as high as you can while keeping your feet together.

**BICEPS STRETCH**
Hold 45 secs
Place hands together, palms facing each other with fingers interlocked behind your back. Straighten and rotate your palms so that they face downward. Lift arms away from the body until you feel a stretch in your biceps.

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(Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING

FIRE HYDRANT — 3 sets of 10 reps each side; rest 30 secs between sets
Get on your hands and knees on the floor, making sure to keep your knees and hands hip-width and shoulder-width apart, respectively. Your knees should be bent to 90 degrees, directly beneath your hips. Tighten your core and, without moving your hips, raise your right thigh out to the right side of your body, keeping your knee bent the entire time. Without dropping your hips, straighten your leg backward so that it is in line with the rest of your body. Return to the starting position to switch legs.

GLUTE BRIDGE WITH ADDUCTION — 3 sets of 10 reps, holding for 30 secs then resting for 30 secs
Lie on your back with your knees bent and heels flat against the floor. Keep your feet hip-width apart. Place a medicine ball, rolled-up towel, or exercise mat between your knees. Tighten your stomach and press your heels into the floor, driving your hips upward and squeezing your knees together. Finish the movement by squeezing your butt, making sure not to use your lower back.

DUMBBELL DEADLIFT — 3 sets of 10 reps; rest 30 secs between sets
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.

LEG-PRESS MACHINE — 3 sets of 10 reps; rest 30 secs between sets
Sit on a leg-press machine with feet hip-width apart. Set the weight on a (comfortable) resistance. Bend your knees 90 degrees, keeping your feet flat against the footplate. Extend your legs until they are straight but not locked. Slowly return to the starting position.

See more on next page »

STRETCH SESSION

QUAD STRETCH
Hold 30 secs each side
Stand tall with your feet shoulder-width apart. Bend your right knee back, and bring your foot to your glutes. Grab your right ankle and pull it into your glutes.

SCORPION
Hold 45 secs each side
Lie flat on your stomach with your arms out to your sides. Keep your feet together. Lift your right leg off the floor as high as possible, then cross it over to your left side while twisting your hips until your foot touches the ground. Your leg should mimic the look of a scorpion’s tail.

STRAIGHT-LEG CALF STRETCH
Hold 30 secs on each side
In a staggered stance, stand about 2-3 feet in front of a wall. Make sure the toes of your back foot are about even with the heel of your front foot. Place your hands against the wall, lean against it, and shift your weight to the back foot until you feel a stretch in your calf muscle.

See more on next page »

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WEEK 1

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STRENGTH TRAINING

LEG CURL MACHINE — 3 sets of 10 reps; rest 30 secs between sets
Set the machine to a (comfortable) 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.

LEG EXTENSION MACHINE — 3 sets of 10 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. Select a (comfortable) 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.

Cooldown
Light cardio and stretching: 5 mins

STRETCH SESSION

OVER UNDER SHOULDER STRETCH
Hold 30 secs each side
Stand tall with your arms hanging at your sides, grasping a resistance band in both hands behind your back. Twisting the band, bend your left arm and bring it behind your back and grasp the resistance band as high as possible. Simultaneously bend your right arm above your head, pointing your elbow upwards and grasping the resistance band as low as possible.

CAT CAMEL
15 reps
Get on the floor on all fours with your hands directly beneath your shoulders and knees directly beneath your hips. Begin to exhale and lightly press into the ground with your palms, while rounding your upper back toward the ceiling. Slowly lower your head, resting it between your shoulders. Pause and take a deep breath in, while slightly arching your back as you round up toward the ceiling.

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### Warm-up

5-min brisk walk or jog on the treadmill / Zones 2–3
(Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

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### STRENGTH TRAINING

#### DUMBBELL FLY — 3 sets of 10 reps; rest 30 secs between sets

Grab a pair of dumbbells and lie on a bench with 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 to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

#### SINGLE-ARM STANDING CABLE REVERSE FLY — 3 sets of 10 reps each side; rest 30 secs between sets

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.

#### DUMBBELL SHOULDER PRESS — 3 sets of 10 reps; rest 30 secs between sets

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.

#### LAT PULLDOWN — 3 sets of 10 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.

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**WARM-UPS**

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

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

- **GOOD MORNING STRETCH**
  - 5 reps

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See more on next page »

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### WEEK 1
**Goal: Build Muscle Advanced**

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#### DAY 1

**STRENGTH TRAINING**

- **REVERSE CRUNCH** — 3 sets of 10 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 10 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.

- **SIDE PLANK WITH TWIST** — 3 sets of 10 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.

#### Cooldown

Light cardio and stretching: 5 mins

#### STRETCH SESSION

- **HAMSTRING STRETCH**
  - Hold 30 secs each side

- **GLUTE STRETCH**
  - Hold 45 secs each side

- **LYING ABDUCTION STRETCH**
  - Hold 30 secs each side

- **BICEPS STRETCH**
  - Hold 45 secs

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**CARDIO**
Do the Gold's Gym indoor cardio triathlon!

**ELLiptical (5 mins)**
A traditional triathlon starts with swimming, but for our indoor version try an elliptical machine that provides a highly efficient low-impact workout. Think of this portion as your warm-up to the bike and run, and be sure to keep your head and body upright.

**BICYCLE (10 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 minute.

**TREADMILL (5 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.

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**STRENGTH TRAINING**
Plyometric workouts utilize jumps, hops and rapid movements to engage muscle groups in your core and lower and upper body—at times simultaneously—to increase balance and strength.

Do 3 sets of each of these exercises in this order, resting for 1 to 2 mins between each set.

**SQUAT JUMP ONTO BOX — 10 reps**
Stand in front of a 12-inch box, or a stabilized weight bench. Push your hips back, squat down and jump with both feet onto the box. Jump off the box, reset and repeat the movement. Repeat until desired amount of reps are completed.

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**WARM-UPS**

- **SHOULDER CIRCLES**
  30 secs each direction

- **NECK ROTATIONS**
  5 reps each side

- **GOOD MORNING STRETCH**
  5 reps

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STRENGTH TRAINING

SQUAT, PLANK, PUSHUP — 8 reps
Stand with your 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 push-up until your chest touches the ground. Jump your feet forward into a squat position and repeat.

SCISSOR POWER SWITCH — 10 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.

LATERAL DUMBBELL STEP-UP — 12 reps each side
Stand beside a box or exercise bench. Hold a dumbbell in each hand. Place the foot of your outside leg on the box or bench. Step up onto the box, finish with your trail leg on the bench. Step down with your trail leg. Do all reps, switch sides and repeat.

SIDE-TO-SIDE SHUFFLE JUMP — 10 reps each side
Stand tall with your arms by your side. Squat down, reaching your left hand to the outside of your left foot. Jump into the air and toward the right, landing in the squat position while reaching your right hand outside of your right foot. Make sure to keep your heels against the ground the entire time. Repeat this back-and-forth movement for the desired amount of reps.

MEDICINE-BALL SIDE THROW — 10 reps each side
Hold a medicine ball in front of your chest with your arms extended and stand sideways about 3 feet from a wall. Slightly bend your elbows. Bring the ball across your body and then quickly rotate your torso and throw the ball against the wall. As the ball rebounds off the wall, catch and repeat the movement. Do all reps, switch sides and repeat.

See more on next page »

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**STRENGTH TRAINING**  
**CONT.**

**MEDICINE-BALL WOOD CHOP — 12 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.

**MEDICINE BALL SLAM — 12 reps**  
Grab a medicine ball and hold it above your head. Your arms should be slightly bent and your feet shoulder-width apart. Forcefully slam the ball to the floor in front of you as hard as you can. Pick the ball up and repeat. Perform all reps. [Ex 746]

**Cooldown**  
Light cardio and 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

---

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**WEEK 1**

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### BUILD MUSCLE MEAL PLAN

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<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
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<tr>
<td>1 green protein smoothie made with 1-1/2 scoops whey protein* powder, 6 ounces coconut water, 1/2 cup raw spinach, 1/2 cup raw kale, 3 ounces cucumber, 4 ounces apple, and 1 tbsp cold-pressed coconut oil. <strong>363 Cal.</strong></td>
<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>8 ounces of goat yogurt with 1 scoop of whey protein powder (chocolate if you prefer) and 1 tbsp of hemp hearts or flaxseed meal. <strong>307 Cal.</strong></td>
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</tbody>
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*Check tipsheet for more information on this menu item.*

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Day 4-6 continued on next page...
**WEEK 1**  
**Goal: Build Muscle Advanced**  
**Gym Days:** 4 (pick whichever 4 days of the week you can work out)

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<tr>
<td><strong>BREAKFAST</strong></td>
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<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
</tr>
</tbody>
</table>
| Spinach omelet consisting of 6 egg whites, 1 whole egg, 1 cup spinach, and 1/2 cup black beans.  
*321 Cal.* | Grill one 4-ounce boneless, skinless chicken breast. Pair with 1 ounce of almonds and 6 ounces of apple.  
*311 Cal.* | 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.  
*402 Cal.* | Grill 4-1/2 ounces of chicken breast. Pair with 5 ounces of chopped pear and 1/2 ounce of raw cashews.  
*305 Cal.* | 10 ounces of low-fat Greek yogurt with 1/4 ounce almonds and 3 ounces blueberries.  
*285 Cal.* | Sushi lunch consisting of: 1 ounce tuna sashimi, 2 ounces yellowtail sashimi, 2 ounces salmon sashimi, and a 3-piece vegetable roll. On the side, have 1/4 cup brown rice.  
Alternate: 3-1/2 ounces of seared ahi tuna* with 1 cup brown rice and 1 cup of fresh cucumber and carrot salad.  
*367 Cal.* | 8 ounces of low-fat cottage cheese mixed with 1/4 ounce of raw almonds, 4 ounces of strawberries, and 3 ounces of blueberries.  
*335 Cal.* | 3 cups of garden salad* with lettuce and grilled vegetables. Top with 1 tbsp light salad dressing, 1 ounce of hummus, and 5 ounces of grilled salmon.  
*423 Cal.* | |
| **MENU** | | | | | | | |
| **TIP SHEET** | | | | | | | |

*Check tipsheet for more information on this menu item.*
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TIP SHEET: Build Muscle Week 1

WORKOUT TIPS
Welcome to Week 1 of your 12-Week journey! Here are a few tips to get you started the right way:

- Get techie: There are plenty of apps and wearable devices that can help you stay on track with a new routine. Here are a few that we recommend:
  - Microsoft Band + Microsoft Health app: Pair Microsoft’s new wearable device with their health app to track all your steps and workouts. The band also has this 12-Week plan programmed into it!
  - MyFitnessPal: This app can help you log daily calories and fitness goals plus it has a whole community of people who are trying to get healthy just like you.

- Stay pain free: It’s normal to have some muscle aches and stiffness a day or two after working out muscles you haven’t used in a while, but if you start to feel sick or overly tired, you could be training too hard. Make sure to take a rest day or two to heal up.

- Give it time: Don’t expect to see results right away. Most experts say it takes about four to six weeks to really see and feel the results of a fitness regime.

MENU NOTES
Please note, these meals can be made larger or smaller depending on the calorie count you need to reach your goals. Use this calorie calculator on MyFitnessPal.com to see how many calories you should eat per day.

And make sure to invest in a good kitchen scale!

Here are a few guidelines to take note of:

- Proper portion size: Learning exactly what 4 ounces of chicken or 1 cup of brown rice looks like can help you make smart diet choices when you’re eating out or at a dinner party.
- Eat these meals in whatever order works best with your schedule—if it’s easier to eat breakfast for dinner, then go for it.
- Try to eat every 3 to 4 hours, so you might want to think about splitting lunch or dinner into two meals or eating half of your daily snack between breakfast and lunch.