Week 1

Goal: Get Lean Advanced

Gym Days: 4 (pick whichever 4 days of the week you can work out)

**Monday (Day 1)**

Focus: Cardio

Warm-up: 5 mins / brisk walk or jog on the treadmill

**Cardio**

Treadmill Inclines—Brisk Walking
Increase incline level every 1 min until reaching Incline 15
Decrease incline level every 1 min until reaching 0

Duration: 30 mins

Intermediate: 3–3.5 mph
Advanced: 3.5–4 mph

Incline tips: Try not to hold on to the side of the treadmill. At Incline 9, you will begin to feel a difference. Between Inclines 9–12, you will want to grab on to the side of treadmill. Try not to: Pump your arms, keep your head straight and slightly up, and breathe.

Decline tips: As you decline, keep your core tight, head slightly up, and breathe. You will begin to feel a little more normal between Incline 9 and Incline 7.

Cooldown
Walk at an easy pace: 5 mins

Stretching: 8–10 mins

**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 at the 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.

**Bicep Stretch**

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

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**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

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**CARDIO**

**TREADMILL JOG**
20 mins / moderate speed
*Intermediate to Advanced*: 5–7 mph (jog full time)

**STRENGTH TRAINING**

**CRAZY 8’S CIRCUIT (no weights)**
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.

*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 »

**STRETCH SESSION**

**QUAD STRETCH**
Hold 30 secs each side
Stand tall with your feet shoulder-width apart. Bend your right knee, and bring your foot back toward 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 of 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 to 2 to 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**

**Goal: Get Lean Advanced**

*Gym Days: 4 (pick whichever 4 days of the week you can work out)*

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**STRENGTH TRAINING**

**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**

**OVER UNDER SHOULDER STRETCH**

Hold 30 secs each side
Stand tall, grasping a resistance band in both hands behind your back. Twisting the band, bend your left arm and bring it behind your back. Hold the resistance band as high as possible. Simultaneously bend your right arm above your head, pointing your elbow upwards. Hold 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 look up towards the ceiling.

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**Week 1**

**Goal:** Get Lean Advanced

**Gym Days:** 4 (pick whichever 4 days of the week you can work out)

### Day 1

**Focus:** Cardio and Core

**Warm-Up:** 5 mins / brisk walk or jog on the treadmill

#### Cardio

**Elliptical**

30 mins / moderate speed

#### Strength Training

**Core Circuit (3 times; rest 30 secs between each circuit)**

**Plank** — Hold for 45 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.

**Swiss Ball Russian Twist** — 10 reps each side

Lie with your back on a Swiss ball. Your feet should be flat on the floor with your knees bent at 90 degrees. Clasp your hands together directly above your chest; keep arms straight. Carefully rotate your arms to one side. The ball will roll across your back to your shoulders. Keep your hips up by squeezing your glutes. Rotate back to the starting position. Repeat on the opposite side. Complete all reps.

**Dumbbell Straight-Leg Deadlift** — 10 reps

Grab a pair of dumbbells with an overhand grip, and hold them at arm’s length in front your thighs. Stand with your feet hip-width apart and your knees slightly bent. Brace your core—try to make it stiff—and hold it that way throughout the entire movement. Without changing the bend in your knees, bend at your hips and lower your torso until it’s almost parallel to the floor. Don’t round your lower back. It should stay naturally arched as you lower your body. Pause, then squeeze your glutes tightly and raise your torso back to the starting position.

**Crunch** — 12 reps

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 until all prescribed reps have been completed.

**Stretching:** 5 mins

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**Warm-Ups**

- **Shoulder Circles**
  - 30 secs each direction

- **Neck Rotations**
  - 5 reps each side

- **Good Morning Stretch**
  - 5 reps

**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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QUOTE OF THE WEEK:
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— Arnold Schwarzenegger

The Gold’s Gym 12-Week Personal Transformation Plan

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

DAY 1 | DAY 2 | DAY 3 | DAY 4 | MENU | TIP SHEET

PRINT

CLASS DAY

Focus: Cardio and Strength
Warm-up: 5 mins / brisk walk or jog on the treadmill

Cardio
TREADMILL INCLINES—Brisk Walking
Increase incline level every 30 secs until reaching Incline 15
Decrease incline level every 30 secs until reaching 0
Duration: 15 mins

Beginner: 2.5–3 mph
Intermediate: 3–3.5 mph
Advanced: 3.5–4 mph

Cardio and Strength
Attend a Zumba class (1 hour).

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**WEEK 1**

**Goal: Get Lean Advanced**

**Gym Days:** 4 (pick whichever 4 days of the week you can work out)

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**GET LEAN MEAL PLAN**

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
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</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>4 boiled egg whites with one whole boiled egg. On the side, have 1 cup of blueberries and 1/2 of a green apple. 244 Cal.</td>
<td>Grill 4 ounces of chicken and put over a large salad with 1/2 avocado and assorted veggies. Top with olive oil and balsamic vinegar. 300 Cal.</td>
<td>1 small green apple. 1 tbsp natural almonds. 220 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>Grill 6 ounces of salmon. On the side, have 6 asparagus with drizzled olive oil and 1 medium baked potato. 520 Cal.</td>
<td>1/3 cup dry roasted almonds. 1 green apple. 229 Cal.</td>
<td><strong>1284 Calories</strong></td>
</tr>
<tr>
<td>6 ounces of roasted chicken combined with 1/2 cup of cooked broccoli and 1 sweet potato. 419 Cal.</td>
<td>1/3 cup dry roasted almonds. 1 cup red and green pepper spears. 251 Cal.</td>
<td><strong>1384 Calories</strong></td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>1342 Calories</strong></td>
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* 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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**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: Get Lean Advanced**

**Gym Days:** 4 (pick whichever 4 days of the week you can work out)

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</tr>
<tr>
<td>1 cup oatmeal with cinnamon and stevia. 5 boiled egg whites. <strong>246 Cal.</strong></td>
<td>Grill one turkey burger. Place on a whole wheat bun and top with lettuce and tomato. On the side, have a small mixed green salad. <strong>400 Cal.</strong></td>
<td>2 celery sticks with 2 tbsp of natural peanut butter. <strong>196 Cal.</strong></td>
<td>Grill 4 ounces of tilapia and top with garlic, pepper, 5 cherry tomatoes, and olive oil. On the side, have 5 asparagus and 1 cup quinoa. <strong>399 Cal.</strong></td>
<td><strong>1241 Calories</strong></td>
<td><strong>1285 Calories</strong></td>
</tr>
<tr>
<td><strong>DAY 5</strong></td>
<td><strong>DAY 6</strong></td>
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</tr>
<tr>
<td>Egg white omelet with 1 ounce of tomatoes with light sprinkling of basil. On the side, have 1 slice of toast with 1 tsp of almond butter. <strong>362 Cal.</strong></td>
<td>1 protein shake made with 1 scoop of protein, 1 handful of spinach, 1 cup of mixed berries, 6 ounces of water, and 6 ounces of skim milk. <strong>213 Cal.</strong></td>
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</tr>
<tr>
<td>Small Cobb salad with 1/4 cup of strawberries, blueberries, raspberries, blackberries, and drizzled olive oil. <strong>223 Cal.</strong></td>
<td>1 large chef salad of choice. Top with oil and vinegar. <strong>484 Cal.</strong></td>
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</tr>
<tr>
<td>1 green apple. <strong>126 Cal.</strong></td>
<td>6 ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds. <strong>233 Cal.</strong></td>
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**Week 1**

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**TIP SHEET: Get Lean Week 1**

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### 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.

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### MENU NOTES

As you peruse this week’s menu, keep in mind that these meals can be made larger or smaller depending on the calorie count you need to reach your goals. Use the 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!

Whether you follow this menu to the letter or just incorporate some of the meals into your lunch bag, you can learn a lot preparing these recipes like...

- **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.

- **The right stuff:** Each of your meals incorporates the four pillars of a smart diet.
  - Fiber
  - Fruits & Vegetables
  - Good fat
  - Lean protein