WEEK 1

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

DAY 1

CARDIO

Do 20 mins 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-min cooldown at Zone 2. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

WEIGHT-TRAINING CIRCUIT (3 times; rest 1 min at the end of each circuit)

Follow your cardio with this 20-min weight-training circuit. All you need is a pair of 10- to 15-pound dumbbells. You’ll do 3 rounds total, doing each exercise straight for 1 min before continuing on to the next. Rest for 1 min between sets.

WALKING LUNGE — Aim for 10–12 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.

SHOULDER PRESS — Aim for 10–12 reps

Hold a pair of dumbbells just outside your shoulders, your arms bent and palms facing each other. Set your feet at shoulder width and bend your knees slightly. Press both dumbbells up, until your arms are straight. Return to the starting position.

Easier option if Shoulder Press is too difficult:

LATERAL RAISE — Aim for 10–15 reps

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.

REVERSE CRUNCH — Aim for 15-20 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 ground as possible without allowing your lower back to arch and lose contact with the floor. Return to the starting position.

See more on next page »

CARDIO

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

DAY 1

DAY 2

DAY 3

DAY 4

MENU

TIP SHEET

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

Stand tall and let your arms hang at your sides. In a large circular motion, fluidly push your shoulders out, then up, then back, then down. Repeat the motion in the other direction.

NECK ROTATIONS
5 reps each side

Stand tall, your arms hanging at your sides. Bend your neck to bring your head toward your chest. Gently rotate your neck in one direction in a large circle before returning to the starting position.

GOOD MORNING STRETCH
5 reps

Lie on your back with your knees bent to 90 degrees. Place your palms on the floor and bend your head down as far as you can without allowing your lower back to arch. Return to the starting position.

See more on next page »

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The Gold’s Gym 12-Week Personal Transformation Plan

Goal: Stay Healthy Advanced
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STRENGTH TRAINING

SQUATS — Aim for 10–12 reps
Stand as tall as you can with your feet shoulder-width apart, toes pointed slightly outward. Keep arms out in front of you at chest height to help maintain balance. Drop your hips and sit back until your thighs are parallel with the floor. Pause, then drive through the heels and lift body upward to the starting position, squeezing the glutes at the top of the movement.

DUMBBELL ROW — Aim for 10–12 reps each side
Stand with feet shoulder-width apart and holding a dumbbell in each hand. Bend the knees slightly and bend at the waist, keeping your back straight. Avoid rounding the upper back, and keep the head neutral. Extend your arms fully so each dumbbell is just above the floor. Contract your back and pull both dumbbells up to your ribcage. Be sure to pull through the elbow and hold for 1 second in the top position. Lower the dumbbells until your arms are fully extended and repeat.

STEP-UP WITH DUMBBELLS — Aim for 10–12 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.

Stretching: 5 mins

STRETCH SESSION

HAMSTRING STRETCH
Hold 30 secs each side
Stand next to an exercise bench. Place one heel 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 behind your back, palms facing each other and fingers interlocked. 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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The Gold's Gym 12-Week Personal Transformation Plan

WEEK 1

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

DAY 1

CLASS DAY

Focus: Cardio and Flexibility/Strength

Cardio
Do 20 mins 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 30-sec cooldown at Zone 2. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

Flexibility and Strength
Attend a restorative yoga class (1 hour).

DAY 2

DAY 3

DAY 4

MENU

TIP SHEET

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The Gold's Gym 12-Week Personal Transformation Plan

WEEK 1

Goal: Stay Healthy Advanced

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

DAY 1

CARDIO
Do 30 mins 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 30-sec cooldown at Zone 2. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

Cooldown
Stretching: 5 mins

STRETCH SESSION

QUAD STRETCH
Hold 30 secs each side
Stand tall with your feet shoulder-width apart. Bend your right knee and raise your foot toward your glutes. Reach back to 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 right foot touches the ground. Your leg should mimic a scorpion's tail.

STRaight-Leg Calf Stretch
Hold 30 secs each side
In a staggered stance, stand 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.

OVER-UNDER SHOULDER STRETCH
Hold 30 secs each side
Stand tall with your arms hanging at your sides. Grasp a resistance band in both hands behind your back. Twisting the band, bend your left arm and bring it behind your back, grasping the resistance band as high on your back as possible. Simultaneously bend your right arm and point your elbow upward, grasping the resistance band as low on your back 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 between your shoulders. Pause and take a deep breath in, while slightly arching your back as you raise your head up toward the ceiling.

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

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WEEK 1

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DAY 1

CARDIO

Do 15 mins 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. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING

TOTAL BODY WORKOUT
This 30-min workout has 3 circuits. Do each circuit through 3 times, and then move on to the next circuit. You'll need a set of dumbbells and a medicine ball.

Circuit 1 (3 times; rest 30 secs at end of each circuit)

WALKING LUNGE — 10 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.

WIDE-ARM PUSHUP — 8 reps
Get on all fours, and place your hands on the floor wider than 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.

PLANK WITH GLUTE RAISE — 10 reps each side
Lie on your side and position yourself on your bottom elbow and side of your bottom foot. Raise your hips so that they're off the ground and your body forms a straight line from your ankles to your shoulders. Brace your abs and squeeze your glutes. While keeping your torso stable, raise your top leg upward without bending your knee. Do not let your hips drop. Return the leg to the starting position. Do all reps, switch sides, and repeat.

See more on next page »

CARDIO

Do 15 mins 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. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

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Get on all fours, and place your hands on the floor wider than 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.

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Lie on your side and position yourself on your bottom elbow and side of your bottom foot. Raise your hips so that they're off the ground and your body forms a straight line from your ankles to your shoulders. Brace your abs and squeeze your glutes. While keeping your torso stable, raise your top leg upward without bending your knee. Do not let your hips drop. Return the leg to the starting position. Do all reps, switch sides, and repeat.

See more on next page »

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WEEK 1

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

STRENGTH TRAINING

Circuit 2 (3 times; rest 30 secs at end of each circuit)

ALTERNATING DUMBBELL BENCH PRESS — 10 reps each side
Grasp a pair of dumbbells. Lie on your back on a bench, and hold the dumbbells over your chest with your palms facing up. Pull your shoulders together and stick out your chest slightly. Press one dumbbell upward and pause for 1 second. As you lower it, press the other one up. Continue in an alternating manner.

FIRE HYDRANT — 10 reps each side
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.

REVERSE CRUNCH — 12 reps
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. 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.

Circuit 3 (3 times; rest 30 secs at end of each circuit)

KNEELING DUMBBELL REAR FLY — 10 reps each side
Grab a set of dumbbells and get on all fours on the ground. Grip the dumbbells directly beneath your shoulders with your palms facing each other. Make sure your knees are directly beneath your hips. Maintaining a slight bend in the elbow, lift one arm straight out to the side until it is parallel with the ground. Keep your back flat and core tight the entire time. Pause, and then lower the weight back to the starting position. Repeat for the prescribed number of repetitions, then switch arms.

See more on next page »

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The Gold's Gym 12-Week Personal Transformation Plan

WEEK 1

Goal: Stay Healthy 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

STRENGTH TRAINING CONT.

DUMBBELL LUNGE AND ROTATION — 10 reps each side
Hold the ends of a dumbbell with both hands at your chest. Push your chest out and take a large step forward with one leg, lowering your rear knee toward the ground while keeping your front shin as vertical as possible. While keeping your chest up, reach forward with the dumbbell, making sure not to round your lower back. Push yourself back to the starting position before repeating the process with the opposite leg.

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

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

<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></td>
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<tr>
<td>Sauté 2 eggs in 1-1/2 tbsp olive oil. Add 2 tbsp Parmesan cheese. On the side, have 1 cup bran cereal with 1 cup nonfat milk and 1 medium to large slice of fresh pineapple or 7 to 8 cubes canned.</td>
<td>Toast 2 slices of gluten-free toast and top with 1 tbsp almond butter. On the side have 1 cup fresh blueberries and 1 cup nonfat milk.</td>
<td>Grill 2 small low-sodium chicken sausage links (lowest sodium version available). Pair with 2 small gluten-free pancakes topped with 1 tbsp real butter.</td>
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<tr>
<td><strong>LUNCH</strong></td>
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<tr>
<td>Grill one 4-ounce chicken breast with choice of fresh herbs. Pair with baked yam, leaving the skin on and adding 1 tbsp. of butter. On the side, prepare 1 cup of turnip greens with 1 tbsp olive oil.</td>
<td>5 ounces of tuna in 1 medium to large tortilla wrap or labash wrap with 1 tbsp of nonfat mayo, celery, red onion, lettuce, sprouts, and a slice of low-fat cheddar.</td>
<td>Sauté 8 medium shrimp in 1 tbsp olive oil. Pair with 1 cup quinoa mixed with herbs and 1 tbsp olive oil. Green salad with romaine, tomatoes, and red cabbage, topped with 2 tbsp balsamic vinaigrette.</td>
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<tr>
<td>8 to 12 celery sticks with 1 tbsp natural peanut butter.</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.</td>
<td>1 orange. 1/3 cup walnuts.</td>
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<tr>
<td><strong>SNACK</strong></td>
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<tr>
<td>Grill one 5-ounce lamb chop. Have 3/4 cup of herb quinoa cooked with 1 tbsp olive oil and 1 cup of steamed green beans on the side. Finish with 1/2 cup raspberries.</td>
<td>Broil 6 ounces of wild salmon. Sauté 1-1/2 cup chopped asparagus in grapeseed oil and garlic. For a dip, mix 1/2 cup low-fat Greek yogurt with dill and garlic.</td>
<td>Broil a 4-ounce grass-fed beef burger (no bun). On the side, cut one medium potato in half and scoop out about half the potato on each side, sprinkle each side with herbs and a tbsp of olive oil, and bake. Sauté 1 cup spinach with 1/2 of a medium tomato, herbs, and 1 tsp garlic.</td>
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<tr>
<td><strong>DINNER</strong></td>
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<tr>
<td><strong>TOTAL CALORIES</strong></td>
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<tr>
<td>1963 Calories</td>
<td>1801 Calories</td>
<td>1975 Calories</td>
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</table>

*Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
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**The Gold’s Gym 12-Week Personal Transformation Plan**

**WEEK 1**

**Goal:** Stay Healthy Advanced

**Gym Days:** 4 (pick whichever 4 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>MENU</th>
<th>TIP SHEET</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
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<tr>
<td>1 whey protein shake made with 1 banana, 1/2 cup blackberries, 1 tbsp ground flax meal, and 1/2 cup almond milk with water.</td>
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<tr>
<td>507 Cal.</td>
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<tr>
<td>Grill one 5-ounce turkey burger, then sauté in grapeseed oil. Place the burger on a gluten-free bun and top with 1 slice of low-fat mozzarella cheese, lettuce, and tomato. On the side, have 1 cup of chicken and rice soup (lowest-sodium version available, or homemade).</td>
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<td>725 Cal.</td>
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<td>2 tbsp hummus dip with 8 to 15 carrots and zucchini sticks.</td>
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<td>85 cal.</td>
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<tr>
<td>Prepare a salad with 2 cups of fresh chopped veggies of your choice. Add 5 ounces tuna and 1 cup cooked quinoa. Top with 1 or 2 tbsp light vinaigrette dressing.</td>
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<tr>
<td>487 Cal.</td>
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<tr>
<td><strong>LUNCH</strong></td>
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<tr>
<td>1 cup gluten-free oatmeal. 1/3 cup crushed almonds. 1 cup almond milk. 1 sliced apple with skin.</td>
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<td>672 Cal.</td>
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<td>Sprinkle 5 ounces of tuna with your choice of herbs. Sauté a handful of green onions in 1 tbsp olive oil, then add 2 cups of spinach with 1-1/2 tbsp olive oil. Mix tuna and vegetables with 1 cup of brown rice.</td>
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<tr>
<td>625 Cal.</td>
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<tr>
<td>8 to 15 gluten-free crackers (choose amount based on size) with 1/2 cup Greek yogurt dip made with dill and garlic.</td>
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<td>190 Cal.</td>
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<tr>
<td>Prepare a salad with 2 cups of fresh chopped veggies of your choice. Add 5 ounces tuna and 1 cup cooked quinoa. Top with 1 or 2 tbsp light vinaigrette dressing.</td>
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<td>496 Cal.</td>
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<td><strong>SNACK</strong></td>
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<td><strong>DINNER</strong></td>
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<td>2 eggs and 1 egg white scrambled with 1/2 pepper of your choice and 1/2 medium tomato. 2 pieces of gluten-free toast with 1 tbsp of olive oil on each.</td>
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<td>580 Cal.</td>
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<td>Grill one 3-ounce chicken breast and place on 1 slice of gluten-free bread. Top with 1 slice of low-fat Swiss cheese and 1/2 cup of marinara sauce. On the side, steam and chop 2 cups of asparagus.</td>
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<td>363 Cal.</td>
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<tr>
<td>Broil one 4-ounce pork chop. On the side, have 1/2 cup brown and wild rice mixture, and 1 cup chopped sautéed broccoli with jalapeno or serrano chili peppers (at your level of spice preference).1/2 cup fresh blueberries.</td>
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<td>472 Cal.</td>
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<tr>
<td><strong>TOTAL CALORIES</strong></td>
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<td></td>
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<tr>
<td>1963 Calories</td>
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<td>1850 Calories</td>
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The Gold's Gym 12-Week Personal Transformation Plan

WEEK 1

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

TIP SHEET: Stay Healthy 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 Transformation 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 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. Be 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

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 from 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