The Gold’s Gym 12-Week Personal Transformation Plan

Week 2
Goal: Boost Performance Advanced
Gym Days: 4 (pick whichever 4 days of the week you can work out)

CARDIO

Do 30 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike—keeping the pace within an exertion zone of 2–3. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING

Follow your cardio with this 20-min weight-training circuit. All you need is a pair of 8- and 10-pound dumbbells and a medicine ball. You’ll complete 3 rounds total, doing each exercise continuously for 1 min before starting the next. Rest 1 min between sets.

SQUATS — Aim for 10–15 reps
Stand as tall as you can with your feet shoulder-width apart, toes slightly pointed outward. Keep arms 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 upwards back to the starting position, squeezing the glutes at the top of the movement.

SHOULDER PRESS — Aim for 10–15 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. Then return to the starting position.

BICYCLE SIT-UPS — Aim for 40 reps
Lie on your back with your knees bent and feet flat on the floor. Place your palms hands-behind-your-head. Bring your knees to your chest and raise your shoulders. Slowly move your legs in the air as if you’re riding a bike.

SIDE LUNGE — Aim for 10–15 reps each side
Stand tall with your feet about double shoulder-width apart, your hands cupped in front of your chest. Push your hips back, bend your right knee, and shift your weight to the right, dropping your hips. Return to the starting position and then immediately repeat to the left.

See more on next page »

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**QUOTE OF THE WEEK:**
When you exercise, you’re pumping blood to your brain and feeding it with oxygen, among other things. You have to feed it so that it will feed you.
— Laird Hamilton

### WEEK 2

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**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>
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</table>

**STRENGTH TRAINING CONT.**

**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 LUNGE WITH DUMBBELLS — Aim for 10–15 reps each leg**
Hold a dumbbell in each hand, keeping your arms entirely straight. Push your chest out and take a large step backwards, lowering your rear knee toward the ground while keeping your front shin as vertical as possible. Push yourself back to the starting position and switch legs.

**GLUTE BRIDGE WITH ADDUCTION — Hold for 1 min**
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.

**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 ADDUCTION 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 seconds
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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/** WEEK 2 **/

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**CLASS DAY**

Attend a Pilates class (1 hour)

**Remember:** If this class isn’t offered on the day it’s assigned, switch the order of your workouts to fit the class schedule.

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CARDIO

HILL SPRINTS
Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort. As a general guide, treadmill incline should be somewhere between a 4% and a 10% grade, and sprint speed should be between 7.5 and 10 mph. Focus on pushing yourself but keep good posture with your hips, shoulders and neck relaxed.

The 15-min workout
- Warm-up: 2 mins / Zone 1
- Warm-up: 1 min / Zone 2
- High-incline power walk: 1.5 mins / Zone 4
- High-incline sprint: 1.5 mins / Zone 5
- Rest interval: 3 mins / Zone 2
- High-incline power walk: 1.5 mins / Zone 4
- High-incline sprint: 1.5 mins / Zone 5
- Cooldown: 2 mins / Zone 2
- Cooldown: 1 min / Zone 1

STRENGTH TRAINING

UPPER BODY SUPERSETS (15 mins)
A superset means doing two consecutive exercises back to back without a rest. Use a low to medium weight that feels challenging. You don’t have to overdo it with weight because the workout includes lots of reps, continuing to build lean muscles and muscle endurance. It should burn.

Rest 1 min between each superset.

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 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 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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**STRENGTH TRAINING**

**First Superset**

**CABLE CROSSOVER — 3 sets of 12 reps on each side**

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.

**PUSHUPS — 3 sets of 8 reps**

Lie flat on the floor, and place your hands on the floor slightly wider than and in line with your shoulders. Form a straight line with your body 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.

**Second Superset**

**STRAIGHT-ARM LAT PULLDOWN — 3 sets of 10 reps**

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 ROW — 3 sets of 10 reps**

Stand with feet shoulder-width apart and holding a dumbbell in each hand. Bend the knees slightly and bend at the waist with 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 one second in the top position. Lower the dumbbells to the fully extended arm position and repeat.

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**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 bringing it behind your back and grasping 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 look up towards the ceiling.

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

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**CARDIO**

Do 45 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike—keeping the pace within an exertion zone of 3. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.) You could also divide your time between all three options.

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**CORE CHECK-IN**

**PLANK — 3 sets of 45-sec holds (rest for 30 secs between holds)**

Lie facedown with your elbows directly beneath your shoulders and raise 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.

**SIDE PLANK — 3 sets of 45-sec holds on each side (rest for 30 secs between holds)**

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.

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**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 seconds

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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>Use 2 whole 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 of 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 of 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, each with 1/2 tbsp of butter. <strong>512 Cal.</strong></td>
</tr>
<tr>
<td>One 4-ounce turkey sandwich on 2 slices of gluten-free bread. Add 2 slices of low-fat mozzarella cheese, spinach leaves, 1 tsp nonfat mayo, and 1 tbsp hot mustard. On the side, have 1 cup of low-sodium split pea soup. <strong>536 Cal.</strong></td>
<td>Brown rice tortilla wrap made with 4 ounces of grass-fed ground beef, lettuce, spinach, 1 slice of low-fat mozzarella cheese, and 1 tbsp of sodium-free ketchup. On the side have 1 bowl of low-sodium or homemade vegetable soup. <strong>496 Cal.</strong></td>
<td>1 cup of low-sodium or homemade bean soup. On the side, have a small green salad with carrots and 1 tbsp sunflower seeds. Top with 1 tbsp vinaigrette dressing and 4 ounces of tuna. <strong>585 Cal.</strong></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>1 apple. 1/3 cup unsalted pecans. <strong>323 Cal.</strong></td>
<td>2 ounces sliced low-sodium turkey breast. 30 gluten-free crackers and 1 cup of red grapes. <strong>315 Cal.</strong></td>
<td>1 slice low-fat Swiss cheese. 1 whole nectarine. <strong>145 Cal.</strong></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
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<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>Grill 4 ounces wild salmon. On the side, have 1 cup mashed cauliflower and 1/2 cup red quinoa mixed with 1 tbsp olive oil. <strong>552 Cal.</strong></td>
<td>Sauté 6 ounces of orange roughy, tilapia, or halibut. On the side, have 1 cup of black beans with fresh herbs, and sautéed zucchini sticks with onion in 2 tbsp grapeseed oil. 1 steamed whole tomato. <strong>600 Cal.</strong></td>
<td>Grill one 4-ounce NY strip steak. On the side, have 1 cup of sautéed white cabbage, 1 cup of asparagus, a handful of red grapes, and 1 cup of quinoa mixed with chopped jalapenos (at your level of spice preference). <strong>658 Cal.</strong></td>
</tr>
</tbody>
</table>

**Total Calories**

<table>
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<tr>
<td><strong>1964 Calories</strong></td>
<td><strong>1946 Calories</strong></td>
<td><strong>1900 Calories</strong></td>
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</tbody>
</table>

* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
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### Boost Performance Meal Plan

<table>
<thead>
<tr>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>1 gluten-free bagel with 6 ounces of your favorite specialty nonfat cream cheese, and spinach leaves. 587 Cal.</td>
<td><strong>Cook 5 ounces of ground chicken. Place on a gluten-free tortilla with 1 slice of melted mozzarella, 1 slice jack cheese, 1/2 cup marinara sauce, chopped broccoli, and pineapple (like a pizza). On the side, have a small green salad with 1 tbsp Italian dressing. 553 Cal.</strong></td>
<td><strong>A variety of 8 to 15 zucchini, carrot, and celery sticks with 1 tbsp of red pepper hummus. 70 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Bake a 6-ounce turkey breast with a handful of onions and 1/2 cup dandelion greens. Serve with 1 cup brown and wild rice mixture and 1 cup of sautéed green beans in 1 tbsp of olive oil. 540 Cal.</td>
<td>1 orange. 1/3 cup walnuts. 237 Cal.</td>
<td>Bake 6 ounces of white fish. On the side, have 1 cup of mashed cauliflower with jalapeno and 1 tbsp of olive oil, and 1 cup sautéed brussels sprouts in 1 tbsp grapeseed oil. 1 cup of raspberries with 1 cup almond milk. 711 Cal.</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>1 cup of low-fat Greek yogurt with 1/3 cup almonds, 1 cup of gluten-free high-fiber cereal, 1 cup blackberries, and 1 tbsp honey. 585 Cal.</td>
<td><strong>1750 Calories</strong></td>
<td><strong>1985 Calories</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>1811 Calories</strong></td>
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**TIP SHEET: Boost Performance Week 2**

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**WORKOUT TIPS**

On Week 2 here are a few tips to keep your workouts on track:

- **Schedule gym time:** You have 4 days of workouts this week that can be done on whichever days of the week work best for you. So sit down with your weekly calendar and make sure to write in gym time. Don’t have time for a full workout? Split it in two and do the other half on a rest day.

- **Try morning workouts:** If you get your sweat session out of the way first thing in the a.m., you won’t miss out if unexpected distractions come up later in the day. (And skip the snooze button: Research suggests that those extra few minutes in bed may actually make you more tired.)

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**MENU NOTES**

As you settle in to your weekly menu, here are a few guides to help you make the most of it:

Which herbs do we recommend to add flavor and taste to your meals:

- Oregano
- Basil
- Parsley
- Rosemary

Cook meat safely with a food thermometer. Here are the safe minimum cooking temperatures for meat from [Foodsafety.gov](http://FoodSafety.gov):

- Ground beef: 160 F
- Ground chicken: 165 F
- Steak: 145 F
- Chicken and turkey: 165 F
- Pork: 145 F

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**BONUS**

"Metabolic Meatballs" Recipe from Gold's Gym Fitness Institute trainer Robert Reames

Serves: 2

1/2 lb of ground beef and or turkey
1 tsp turmeric powder
1 tsp cayenne pepper
1 tsp garlic powder

Mix spices in with the meat. Form the meatballs into golf ball size. Saute in olive oil and serve.