The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 2

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

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

PUSHUP – 3 sets of 8 reps; rest 1 min between sets
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.

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 FRONT RAISE – 3 sets of 10 reps; rest 30 secs between sets
Stand tall with your feet hip-width apart, holding a dumbbell in each hand in front of your thighs. Your palms should face toward you. Raise your arms in front of you, pausing once the dumbbells reach shoulder height. Return the weights to the starting position.

LAT PULLDOWN – 3 sets of 10 reps; rest 1 min 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.

See more on next page »

Subscribe to the Gold’s Gym Extra + get exclusive health and fitness tips. It’s free!

GO NOW
The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 2

Goal: Build Muscle Advanced

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

STRENGTH TRAINING

EZ-BAR PREACHER CURL — 3 sets of 10 reps; rest 1 min between sets
Grab an EZ-bar with an underhand grip, hands shoulder-width apart, and sit on a preacher bench. Place the back of your upper arms against the padding and allow your arms to fully extend. Contract your biceps and curl the bar toward your face. Raise the bar as high as possible while maintaining constant tension on the biceps. Pause, and then slowly lower the bar back to the starting position.

TRICEPS DUMBBELL KICKBACK — 3 sets of 10 reps each side; rest 30 secs between sets
Kneel over one side of a weight bench by placing the right knee and right hand on the bench. Position the left leg slightly back and to the side with the left foot firmly planted on the floor. The torso should be parallel to the floor. Grab a dumbbell with the left hand with an overhand grip, and position the elbow at your side so that the upper arm is parallel to the floor. Now extend the left arm to full extension by contracting the triceps.

SIDE PLANK WITH TWIST — 3 sets of 8 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.

PLANK WITH GLUTE RAISE — 3 sets of 10 reps each side; rest 30 secs between sets
Lie on your side and position yourself on your bottom elbow and side of your foot. Raise your hips so that they’re off the ground and your body forms a straight line from your ankles to 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.

MEDICINE-BALL WOOD CHOPS — 3 sets of 12 reps each side; rest 30 secs between sets
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. Switch sides and repeat.

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.

Cooldown
Light cardio and stretching: 5 mins

Subscribe to the Gold’s Gym Extra + get exclusive health and fitness tips. It’s free!

GO NOW
The Gold's Gym 12-Week Personal Transformation Plan

WEEK 2

Goal: Build Muscle Advanced

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

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

STEP-UP WITH DUMBBELLS — 3 sets of 10 reps each side; rest 30 secs between sets
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.

BRIDGE WITH LEG EXTENSION — 3 sets of 10 reps each side; rest 30 secs between sets
Lie on your back with your knees bent and heels flat against the floor. Keep your feet hip-width apart. Tighten your stomach and press your heels into the floor, driving your hips upward and finishing the movement by squeezing your glutes, making sure not to use your lower back. While in this position, take one foot off the ground and extend that leg fully in front of you. Return your leg to the ground and repeat with the opposite leg.

STANDING CABLE HIP ABDUCTION — 3 sets of 10 reps each side; rest 30 secs between sets
Stand tall with one shoulder next to the cable machine. Keep your legs about shoulder-width apart and the ankle attachment placed around the ankle that's farthest from the cable machine. Place one hand on your hips, while your other hand is securely positioned on the cable machine. Raise the weighted leg out laterally as high as possible. Pause and then reverse the motion to starting position. Do all reps, switch legs and repeat.

GOBLET SQUAT WITH DUMBBELL — 3 sets of 10 reps; rest 30 secs between sets
Hold a dumbbell vertically next to your chest, with both hands cupping the dumbbell head. Push your hips back and lower your body into a squat until your upper thighs are at least parallel to the floor. Your elbows should brush the insides of your knees in the bottom position. Pause, then press your body back up 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 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 »

Subscribe to the Gold’s Gym Extra + get exclusive health and fitness tips. It's free!

GO NOW

QUOTE OF THE WEEK:
Success isn't overnight. It's when every day you get a little better than the day before.
— Dwayne “The Rock” Johnson
WEEK 2

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

STRENGTH TRAINING

LEG CURL MACHINE — 3 sets of 10 reps; rest 30 secs between sets
Set the machine to a (comfortable) weight. Lie on your stomach on the bench part of the machine and 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 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.

REVERSE CRUNCH — 3 sets of 15 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 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.

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 the desired amount of time.

Coolown
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 up toward the ceiling.

Subscribe to the Gold's Gym Extra + get exclusive health and fitness tips. It's free!
GO NOW
**WEEK 2 | Goal: Build Muscle Advanced**

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

---

**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.

**TRICEPS PRESSDOWN** — 3 sets of 10 reps; rest 1 min 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 that 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 knuckles face the floor at the bottom. Hold at lockout for 1 second before returning 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 upwards to your shoulders. Pause for a second and slowly allow the weights to return to the starting position. Completely straighten your arms and repeat.

See more on next page »

---

**WARM-UPS**

**SHOULDER CIRCLES**
30 secs each direction

**NECK ROTATIONS**
5 reps each side

**GOOD MORNING STRETCH**
5 reps

---

Subscribe to the *Gold’s Gym Extra* + get exclusive health and fitness tips. It’s free!

**GO NOW**
The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 2

Goal: Build Muscle Advanced

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

TRICEPS DUMBBELL KICKBACK – 3 sets of 10 reps each side; rest 30 secs between sets
Kneel over one side of a weight bench by placing the right knee and right hand on the bench. Position the left leg slightly back and to the side with the left foot firmly planted on the floor. The torso should be parallel to the floor. Grab a dumbbell with the left hand with an overhand grip, and position the elbow at your side so that the upper arm is parallel to the floor. Now extend the left arm to full extension by contracting the triceps.

REVERSE CRUNCH – 3 sets of 15 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 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.

RUSSIAN TWIST WITH BALL – 3 sets of 12 reps each side; rest 30 secs between sets
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 with straight elbows. Carefully rotate your arms to the side. The ball will roll across your back to the back of your shoulders. Keep your hips up by squeezing your glutes. Rotate back to the starting position. Repeat on the opposite side.

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
WEEK 2 | **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**

**KETTLEBELL SWING** — 3 sets of 10 reps; rest 30 secs between sets
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 backwards, 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.

**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.

**BACK SQUAT** — 3 sets of 10 reps; rest 30 secs between sets
Hold a barbell across your upper back with an overhand grip and your feet shoulder-width apart. Keeping your lower back arched, lower your body as deeply as you can by pushing your hips back and bending your knees. Pause, then reverse the movement to the starting position.

**CORE CONTROL REAR LUNGE** — 3 sets of 10 reps each side; rest 30 secs between sets
Hold a dumbbell in your right hand, and fully extend your arm overhead. Extend your left arm straight out to your side to help with balance if necessary. Push your chest out and lift your left leg up to your chest before stepping backwards into a lunge. Lower your rear knee toward the ground while keeping your front shin as vertical as possible. Press through the floor and lift your rear knee up and in front of your body, bending the elbow of the arm holding the dumbbell in, attempting to touch your elbow and knee together. Bring your knee back down and step into the rear lunge positions once again while simultaneously extending the arm holding the dumbbell into the overhead position. Repeat for the desired number of repetitions before switching to your opposite side.

See more on next page »
STRENGTH TRAINING

STANDING CALF RAISE — 3 sets of 10 reps; rest 30 secs between sets
Stand on a box or stair with your heels and mid-foot hanging off the edge. Use a wall or rail to stay balanced. Raise your heels as high as possible, pause, and then lower them back into the starting position. Repeat.

RUSSIAN TWIST WITH BALL — 3 sets of 10 reps each side; rest 30 secs between sets
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 with straight elbows. Carefully rotate your arms to the side. The ball will roll across your back to the back of your shoulders. Keep your hips up by squeezing your glutes. Rotate back to the starting position. Repeat on the opposite side.

Cooldown
Light cardio and stretching: 5 mins

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

Subscribe to the Gold's Gym Extra to get exclusive health and fitness tips. It's free!
## WEEK 2

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

### DAY 1

**BREAKFAST**
Protein smoothie made with almond milk, 1-1/2 scoops whey protein powder, 1 tbsp almond butter, 1-1/2 ounces banana, and 6 ounces almond milk.  
307 Cal.

**LUNCH**
Prepare 4-1/2 ounces halibut or shrimp*. On the side, have 1-1/2 cup garden salad, 3 tbsp balsamic vinaigrette, and 5 ounces of steamed broccoli.  
351 Cal.

**SNACK**
Roll 1/2 ounce almonds and 5 ounces apple in 4-1/2 ounces of sliced turkey breast (low sodium).  
283 Cal.

**DINNER**
Grill 5 ounces salmon*. On the side, have 1/2 cup brown rice and 3 ounces of steamed asparagus.  
318 Cal.

### DAY 2

**BREAKFAST**
Scramble 6 egg whites and 1 whole egg. Add 1 cup of spinach, 3 ounces of broccoli, 3 ounces of mushrooms, and 3 ounces of tomato. On the side, have 3 ounces of blueberries.  
294 Cal.

**LUNCH**
Cranberry chicken salad wrap made with 4 ounces boneless, skinless chicken breast, 1/2 ounce Greek yogurt, 1 tbsp mayo, 1/2 cup uncooked spinach leaves, 1 ounce tomato, and 1/2 tbsp dried cranberries. Enclose in a sprouted-whole-grain wrap.  
314 Cal.

**SNACK**
1 Advanced Athletics meal replacement bar.  
240 Cal.

**DINNER**
Grill 4 ounces of chicken breast. On the side, have 2 cups of uncooked spinach leaves, 1 ounce cooked garbanzo beans, and 3 tbsp balsamic vinaigrette.  
308 Cal.

### DAY 3

**BREAKFAST**
Bacon, egg & cheese sandwich made with 6 egg whites, 1 ounce cheddar cheese, 2 slices turkey bacon and 1 ounce tomato on gluten-free or paleo bread. On the side, a whole peach.  
321 Cal.

**LUNCH**
Chicken and cheese burrito made with 5 ounces boneless, skinless chicken breast, 1 ounce cheddar cheese, and 1/3 cup mixed vegetables. Enclose in a sprouted-whole-grain wrap.  
345 Cal.

**SNACK**
Tuna salad consisting of 4 ounces albacore tuna, 1/2 ounce pitted olives, 3 tbsp balsamic vinaigrette, 2 ounces tomato, and 1/2 ounce onion. On the side, 5 ounces of peach  
276 Cal.

**DINNER**
Prepare 5-1/2 ounces of seared scallops*. On the side, have 1/2 cup brown rice and 2 cups raw spinach leaves.  
314 Cal.

---

* Check tipsheet for more information on this menu item.
**QUOTE OF THE WEEK:**

Success isn't overnight. It's when every day you get a little better than the day before.
— Dwayne “The Rock” Johnson

### WEEK 2

**Goal:** Build Muscle 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>
<td></td>
<td><strong>DAY 4</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach omelet</td>
<td>Hot cereal</td>
<td>Mix 1-1/2 scoops</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>made with 6 egg</td>
<td>made with 1-3/4</td>
<td>whey protein*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>whites, 1 whole egg</td>
<td>scoops whey</td>
<td>powder*, 1/2 cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup spinach,</td>
<td>protein powder*,</td>
<td>quinoa, 1/4 ounce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and 1/2 cup of black</td>
<td>1/4 cup almonds,</td>
<td>almonds, and 6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>beans.</td>
<td>and 6 ounces</td>
<td>ounces of black</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>321 Cal.</strong></td>
<td>almond milk.</td>
<td>beans.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>390 Cal.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>DAY 5</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 cups of garden</td>
<td>3-1/2 ounces</td>
<td>1 protein smoothie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>salad* with lettuce</td>
<td>seared ahi tuna*</td>
<td>made with 1-3/4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and grilled</td>
<td>with 1 cup brown</td>
<td>scoops whey protein*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vegetables.</td>
<td>rice and 1 cup of</td>
<td>powder*, 1 ounce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Top with 1 tbsp of</td>
<td>fresh cucumber and</td>
<td>hummus, and 5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>salad dressing,</td>
<td>carrot salad.</td>
<td>ounces of grilled</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 ounce hummus</td>
<td><strong>367 Cal.</strong></td>
<td>salmon.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and 5 ounces of</td>
<td></td>
<td><strong>388 Cal.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>grilled salmon.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>423 Cal.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 protein smoothie</td>
<td>Grill 4-1/2 ounces</td>
<td>1 protein smoothie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>made with 2 scoops</td>
<td>of chicken breast.</td>
<td>made with 1-3/4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>whey protein*</td>
<td>Pair with 5 ounces</td>
<td>scoops whey protein*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>powder, 6 ounces</td>
<td>of pear and 1/2</td>
<td>powder, 6 ounces</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>almond milk, 1 tbsp</td>
<td>ounces of raw</td>
<td>almond milk, 1 tbsp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>almond butter, and</td>
<td>cashews.</td>
<td>almond butter, and 3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 ounces of</td>
<td><strong>305 Cal.</strong></td>
<td>ounces of banana.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>strawberries.</td>
<td></td>
<td><strong>402 Cal.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>386 Cal.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stir fry 4-1/2</td>
<td>In a salad bowl,</td>
<td>Prepare a 5-ounce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ounces raw shrimp*,</td>
<td>mix 4-1/2 ounces</td>
<td>pork tenderloin.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 tbsp olive oil,</td>
<td>grilled chicken</td>
<td>Glaze with 2 tbsp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup cooked</td>
<td>breast, 1/2 ounce</td>
<td>orange honey</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>brown rice, and 6</td>
<td>olive, 1/2 cup</td>
<td>mustard (made of 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ounces broccoli.</td>
<td>brown rice, 1</td>
<td>tbsp honey, 2 tsp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>344 Cal.</strong></td>
<td>ounce raw arugula,</td>
<td>dijon mustard, and 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 ounce tomato, and</td>
<td>tsp orange juice).</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 ounce cucumber.</td>
<td>On the side, have</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Top with 2-1/2 tbsp</td>
<td>1 cup steamed green</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>balsamic vinaigrette.</td>
<td>beans drizzled with</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>327 Cal.</strong></td>
<td>1/3 tbsp olive oil.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>304 Cal.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Check tipsheet for more information on this menu item.
The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 2 | **Goal: Build Muscle 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**

**TIP SHEET: Build Muscle Week 2**

**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.)

**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:

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

---