### WEEK 2

**Goal: Get Lean**

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

---

#### 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

**Beginner:** 2.5–3 mph

**Intermediate:** 3–3.5 mph

**Advanced:** 3.5–4 mph

**Cooldown:** 5 mins

**Stretching:** 5 mins

#### 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 shoulders. Gently rotate your neck in one direction in a large circle before returning to the starting position.

- **GOOD MORNING STRETCH**
  - 5 reps
  - Stand tall in a shoulder-width stance. Place hands on the back of your head, bending the elbows 90 degrees. Maintain a tight core and upright torso. Bend forward at the hips, keeping the back straight. Maintain a slight arch in lower back, and keep the chest and head up. Lower yourself until you feel a stretch in the hamstrings, or until your back is almost parallel with the ground.

#### 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 legs 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 they face downward. Lift arms away from the body until you feel a stretch in the biceps.

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WEEK 2

Goal: Get Lean

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

Day 1

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

Day 2

CARDIO

TREADMILL JOG
20 mins / moderate speed
Beginner: Aim for 4–4.5 mph (if you need to rest, walk for 1–2 mins as needed)
Intermediate to Advanced: 5.5–7 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.

Beginner: Aim for 3–4 rounds
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 »

Day 3

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 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 »

Day 4

TIP SHEET

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**Goal: Get Lean**

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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. 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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**GO NOW**
Focus: Cardio and Core
Warm-up: 5 mins / brisk walk or jog on the treadmill

**CARDIO**

**ELLIPITICAL**
20 mins / moderate speed

**STRENGTH TRAINING**

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

**PLANK** — Hold for 30 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 shoulder. 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 of 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. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. With your elbows behind your head and flared to the side, 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
WEEK 2 | Goal: Get Lean
Gym Days: 4 (pick whichever 4 days of the week you can work out)

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 GGX Challenge class (1 hour).

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## WEEK 2

**Goal: Get Lean**

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

### GET LEAN MEAL PLAN

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
</tr>
<tr>
<td>Protein shake made with 1 scoop whey protein, 1 cup fresh blueberries, 12 ounces of water and 1/4 cup oatmeal. <strong>351 Cal.</strong></td>
<td>1/2 cup of low-fat cottage cheese. 1 slice whole grain toast with 1 tbsp almond butter. 1/2 grapefruit. <strong>310 Cal.</strong></td>
<td>Scramble 3 whole eggs. On the side, have 1/3 cup cooked oatmeal and 1/2 grapefruit. <strong>425 Cal.</strong></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
</tr>
<tr>
<td>Salad made with raw vegetables of choice, 4 ounces of grilled chicken breast and 1 tbsp of vinaigrette dressing. On the side, have 1 slice of whole grain bread. <strong>431 Cal.</strong></td>
<td>Salad made with raw vegetables of choice, tomatoes, 4 ounces of boiled shrimp, and 1 tbsp olive oil and balsamic vinegar dressing. <strong>481 Cal.</strong></td>
<td>Bake 4 ounces of chicken breast. On the side, have 1 cup steamed veggies and 1/2 cup brown rice. <strong>456 Cal.</strong></td>
</tr>
<tr>
<td>2 tbsp almonds. <strong>170 Cal.</strong></td>
<td>1 apple. <strong>72 Cal.</strong></td>
<td>3 celery sticks with 2 tbsp raw almond butter. <strong>204 Cal.</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
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</tr>
<tr>
<td>Grill 4 ounces of sirloin steak. On the side, have 4 pieces of steamed broccoli and 1 baked sweet potato. <strong>460 Cal.</strong></td>
<td>Prepare 4 ounces of Cornish hen with the skin removed. On the side, have 1 cup of spinach and one small red potato. <strong>490 Cal.</strong></td>
<td>Bake 4 ounces of turkey breast. On the side, have 1 cup steamed asparagus, 1 small red potato and 1 cup of chopped fresh watermelon. <strong>284 Cal.</strong></td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>1412 Calories</td>
<td>1353 Calories</td>
<td>1369 Calories</td>
</tr>
</tbody>
</table>

*Day 4-6 continued on next page...

*Each day is based on a balance of approximately 1200-1600 average total calories to be consumed per day. If you are intensely training, try having a protein smoothie with breakfast.
**WEEK 2 | Goal: Get Lean**

**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 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup Greek yogurt with 1 orange and 2 slices of whole grain toast with 1 tsp almond butter. 388 Cal.</td>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries. 371 Cal.</td>
<td>1 slice whole wheat toast with 1 ounce of cheddar cheese and 2 slices of tomato on top. On the side, have 1/4 cup of steel cut oatmeal. 249 Cal.</td>
</tr>
<tr>
<td>Grilled zucchini, onions, and bell peppers with 4 ounces of grilled chicken breast and 1/2 cup quinoa. 459 Cal.</td>
<td>1 whole wheat tortilla with 1 cup of mixed beans; top with salsa. Add 1 cup of grilled peppers and onions. 448 Cal.</td>
<td>1 cup lentil soup. On the side, have a small green mesclun salad with 1/2 cup tomatoes and 1/2 cup cucumbers. 252 Cal.</td>
</tr>
<tr>
<td>1 cup fresh fruit of choice. 10 walnuts. 254 Cal.</td>
<td>1/2 cup avocado. 1 apple. 189 Cal.</td>
<td>1 cup watermelon. 10 almonds. 254 Cal.</td>
</tr>
<tr>
<td>Grill 4 ounces of sirloin steak. On the side, have 4 pieces of steamed broccoli and 1 baked sweet potato. 460 Cal.</td>
<td>Grill 4 ounces of chicken. Pair with 1/2 cup brown rice and 1 cup steamed mixed green vegetables. 379 Cal.</td>
<td>Prepare 4 ounces of turkey burger and serve open face on 1 slice of whole wheat toast. On the side, have 1 cup tossed salad with carrots and grape tomatoes. Drizzle balsamic vinaigrette to liking. 605 Cal.</td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong> 1561 Calories</td>
<td><strong>TOTAL CALORIES</strong> 1387 Calories</td>
<td><strong>TOTAL CALORIES</strong> 1360 Calories</td>
</tr>
</tbody>
</table>

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WEEK 2

Goal: Get Lean

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

Quote of the Week:
If you have willpower, then you can change anything.
— Dalai Lama

TIP SHEET: Get Lean 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](http://Foodsafety.gov):

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