**Week 2**  
**Goal: Get Lean Advanced**  
**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

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

**Cooldown:** 5 mins  
**Stretching:** 5 mins

#### Stretch Session

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamstring Stretch</td>
<td>30 secs each side</td>
<td>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.</td>
</tr>
<tr>
<td>Glute Stretch</td>
<td>45 secs each side</td>
<td>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.</td>
</tr>
<tr>
<td>Lying Abduction Stretch</td>
<td>30 secs each side</td>
<td>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.</td>
</tr>
<tr>
<td>Biceps Stretch</td>
<td>45 secs</td>
<td>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.</td>
</tr>
</tbody>
</table>

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**Quote of the Week:**

*If you have willpower, then you can change anything.*

— Dalai Lama
**Week 2**

**Goal: Get Lean Advanced**

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

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**Focus:** Cardio and Strength

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

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**CARDIO**

**TREADMILL JOG**

30 mins / moderate speed

**Intermediate to Advanced:** 5.5–8 mph (jog full time)

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**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 »

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**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 »
**Week 2**

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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]
Week 2 | Goal: Get Lean Advanced
Gym Days: 4 (pick whichever 4 days of the week you can work out)

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

**CARDIO**

**ELLIPITCAL**
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 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 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

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**WEEK 2** | **Goal: Get Lean Advanced**
---
**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).
# WEEK 2

**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><strong>DAY 1</strong></th>
<th><strong>DAY 2</strong></th>
<th><strong>DAY 3</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></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. 351 cal.</td>
<td>1/2 cup of low-fat cottage cheese. 1 slice whole grain toast with 1 tbsp almond butter. 1/2 grapefruit. 310 Cal.</td>
<td>Scramble 3 whole eggs. On the side, have 1/3 cup cooked oatmeal and 1/2 grapefruit. 425 Cal.</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. 431 Cal.</td>
<td>Salad made with raw vegetables of choice, tomatoes, 4 ounces of boiled shrimp, and 1 tbsp olive oil and balsamic vinegar dressing. 481 Cal.</td>
<td>Bake 4 ounces of chicken breast. On the side, have 1 cup steamed veggies and 1/2 cup brown rice. 456 Cal.</td>
</tr>
<tr>
<td>2 tbsp almonds. 170 Cal.</td>
<td>1 apple. 72 Cal.</td>
<td>3 celery sticks with 2 tbsp raw almond butter. 204 Cal.</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></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>Prepare 4 ounces of Cornish hen with the skin removed. On the side, have 1 cup of spinach and one small red potato. 490 Cal.</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. 284 Cal.</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td>1412 Calories</td>
<td>1353 Calories</td>
</tr>
</tbody>
</table>

* 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.

### Quote of the Week:

If you have willpower, then you can change anything.
— Dalai Lama
**WEEK 2**

### Goal: Get Lean Advanced

**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

### GET LEAN 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 cup Greek yogurt with 1 orange and 2 slices of whole grain toast with 1 tsp almond butter.</td>
<td>Grilled zucchini, onions, and bell peppers with 4 ounces of grilled chicken breast and 1/2 cup quinoa.</td>
<td>1 cup fresh fruit of choice. 10 walnuts.</td>
</tr>
<tr>
<td>388 Cal.</td>
<td>459 Cal.</td>
<td>254 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>Grill 4 ounces of sirloin steak. On the side, have 4 pieces of steamed broccoli and 1 baked sweet potato.</td>
<td>1/2 cup avocado. 1 apple.</td>
<td>1561 Calories</td>
</tr>
<tr>
<td>460 Cal.</td>
<td>189 Cal.</td>
<td>1387 Calories</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>1 cup lentil soup. On the side, have a small green mesclun salad with 1/2 cup tomatoes and 1/2 cup cucumbers.</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.</td>
<td>1360 Calories</td>
</tr>
<tr>
<td>252 Cal.</td>
<td>605 Cal.</td>
<td></td>
</tr>
</tbody>
</table>

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

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](https://foodsafety.gov):

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