The Gold’s Gym 12-Week Personal Transformation Plan

**WEEK 2**

**Goal: Stay Healthy Advanced**

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

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### DAY 1

**CARDIO**

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

**STRENGTH TRAINING**

Follow your cardio with this 3-component weight-training circuit. All you need is a pair of 5- or 10-lb dumbbells, a barbell, and a medicine ball (you can use a rolled-up towel or mat as a substitute). Do each exercise continuously for 1 min before starting the next.

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

**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 upwards back to the starting position, squeezing the glutes at the top of the movement.

**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.

**BICYCLE SITUPS** — Aim for 15 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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**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

Stand tall with feet shoulder-width apart. 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.

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STRENGTH TRAINING

LATERAL RAISE — Aim for 10–12 reps
Grab a pair of dumbbells and let them hang at your sides with your palms facing your body. Stand tall. 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 10–12 reps each leg
Hold a dumbbell in each hand, keeping your arms entirely straight at your sides. Push your chest out and take a large step backward, 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.

Stretching: 5 min

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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## WEEK 2

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### DAY 1

**Focus:** Balance and Flexibility

Attend a restorative yoga class (1 hour).

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**QUOTE OF THE WEEK:**  
Health is the thing that makes you feel that now is the best time of the year.  
— Franklin Pierce Adams

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DAY 1

CARDIO
Do 45 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 at 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

DAY 2

STRETCH SESSION

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.

DAY 3

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

DAY 4

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WEEK 2  |  Goal: Stay Healthy Advanced
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CARDIO
Do 15 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 1-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
Build strength with this 3-circuit workout. Each circuit has an exercise for the legs, arms and core. Do each circuit 3 times, 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 — 10 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 »
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STRENGTH TRAINING (CONTD.)

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.

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### WEEK 2

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#### STRENGTH TRAINING

**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

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

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### STAY HEALTHY MEAL PLAN

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</thead>
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<tr>
<td><strong>BREAKFAST</strong></td>
<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 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 butter. <strong>512 Cal.</strong></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<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 tsp 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>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>
<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>Sautéé 6 ounces of orange roughy, tilapia, or halibut. On the side, have 1 cup of black beans with fresh herbs, and sautééd 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**

1964 Calories

1946 Calories

1900 Calories

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*Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.*
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### STAY HEALTHY MEAL PLAN

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<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. <em>587 Cal.</em></td>
<td>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. <em>553 Cal.</em></td>
<td>A variety of 8 to 15 zucchini, carrot, and celery sticks with 1 tbsp of red pepper hummus. <em>70 Cal.</em></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</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. <em>540 Cal.</em></td>
<td>Sauté 5 ounces of chicken fritters made with gluten-free bread crumbs, 1 to 2 cups sautéed mixed vegetable medley, pomegranate seeds, asparagus, cauliflower, broccoli, red cabbage, and brussels sprouts. <em>445 Cal.</em></td>
<td><strong>1750 Calories</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>1985 Calories</strong></td>
</tr>
<tr>
<td>1 orange. 1/3 cup walnuts. <em>237 Cal.</em></td>
<td>Celery sticks with 1 tbsp pecan butter. <em>110 Cal.</em></td>
<td><strong>1811 Calories</strong></td>
</tr>
</tbody>
</table>

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### TIP SHEET: Stay Healthy Week 2

#### WORKOUT TIPS

For 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 calendar and be 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.

Herbs 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://www.foodsafety.gov):

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

#### BONUS

**Metabolic Meatballs** This recipe comes 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 into the meat. With your hands, form meatballs that are golf-ball size. Sauté in olive oil and serve.