Week 3

Goal: Boost Performance Advanced

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

**CARDIO**

Do 40 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.)

**STRENGTH TRAINING**

Follow your cardio with this 20-min weight-training circuit. All you need is a pair of 10- to 15-pound dumbbells and an exercise bench or box. You’ll do 3 rounds total, doing each exercise continuously for 1 min before starting the next. Rest 1 min between sets.

**WALKING LUNGES — Aim for 10–15 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.

**SHOULDER PRESS — Aim for 10–15 reps**

Hold a pair of dumbbells just beyond 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.

Easier option if Shoulder Press is too difficult:

**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.

See more on next page »

**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction
- **NECK ROTATIONS**
  - 5 reps each side
- **GOOD MORNING STRETCH**
  - 5 reps

[Click here](#) to try a class/view our class schedule.
Quote of the Week:

Whatever touches the nerves of motive—is mightier than steam, or calorie, or lightening.
— E.H. Chapin

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**DAY 1**

**STRENGTH TRAINING**

**REVERSE CRUNCH — Aim for 10 reps**
Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms 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.

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

**DUMBBELL ROW — Aim for 10–15 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.

**STEP-UPS WITH DUMBBELLS — Aim for 10 reps each leg**
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.

**DAY 2**

**STRETCH SESSION**

<table>
<thead>
<tr>
<th>STRETCH</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAMSTRING STRETCH</td>
<td>Hold 30 secs each side</td>
</tr>
<tr>
<td>GLUTE STRETCH</td>
<td>Hold 45 secs each side</td>
</tr>
<tr>
<td>LYING ABDUCTION STRETCH</td>
<td>Hold 30 secs each side</td>
</tr>
<tr>
<td>BICEPS STRETCH</td>
<td>Hold 45 seconds</td>
</tr>
</tbody>
</table>

Click here to try a class/view our class schedule.
**WEEK 3**  
**Goal: Boost Performance Advanced**  
**Gym Days:** 4 (pick whichever 4 days of the week you can work out)

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**CARDIO**

Continue to integrate high-intensity interval training into your workout for speed plus strength. You can do this workout on a cardio machine of your choice: treadmill, elliptical or stationary bike.

The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; 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.

**Warm-up:** 15 mins / Zones 2–3.

**Interval Circuit (5 times)**

+ Speed Interval: 5 mins / Zone 4  
- Rest Interval: 2 mins / Zone 2

**Cooldown:** 5–10 mins / Zone 1

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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 and squeeze your glutes.

**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**

<table>
<thead>
<tr>
<th></th>
<th>QUAD STRETCH</th>
<th>Hold 30 secs each side</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>SCORPION</td>
<td>Hold 45 secs each side</td>
</tr>
<tr>
<td></td>
<td>STRAIGHT-LEG CALF STRETCH</td>
<td>Hold 30 secs on each side</td>
</tr>
<tr>
<td></td>
<td>OVER UNDER SHOULDER STRETCH</td>
<td>Hold 30 secs each side</td>
</tr>
<tr>
<td></td>
<td>CAT CAMEL</td>
<td>15 reps</td>
</tr>
</tbody>
</table>

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**Click here** to try a class/view our class schedule.
WEEK 3

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

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.

Click here to try a class/view our class schedule.
**Week 3**

**Goal: Boost Performance Advanced**

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

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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 5% 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.

- **Warm-up:** 2 mins / Zone 1
- **Warm-up:** 2 mins / Zone 2
  - + High-incline power walk: 2 mins / Zone 5
  - Rest interval: 2 mins / Zone 2
  - + High-incline sprint: 2 mins / Zone 5
  - Rest interval: 2 mins / Zone 2
  - + High-incline power walk: 2 mins / Zone 5
  - Rest interval: 2 mins / Zone 2
  - Cool-down interval on flat grade: 2 mins / Zone 1

**Warm-ups**

- **Shoulder Circles**
  - 30 secs each direction
- **Neck Rotations**
  - 5 reps each side
- **Good Morning Stretch**
  - 5 reps

**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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*Click here* to try a class/view our class schedule.

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"**Quote of the Week:** Whatever touches the nerves of motive—is mightier than steam, or calorie, or lightening.
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**WEEK 3**  
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### Boost Performance Meal Plan

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
</table>
| **BREAKFAST**
Scramble 2 whole eggs with 1 tbsp grapeseed oil, 1/2 cup sautéed spinach, and a pinch of cayenne pepper. Pair with 1/2 of a gluten-free bagel and 1 slice of low-fat cheddar cheese.  
525 Cal. | 2 slices of gluten-free toast with 1 tbsp sugar-free raspberry preserves and 1 tbsp peanut butter.  
344 Cal. | Egg white omelet made with 2 egg whites, 3 ounces of ground chicken, 1/2 tomato, fresh oregano, 1/2 cup dandelion greens, and 2 tbsp olive oil. On the side, have 1 gluten-free waffle with 1 tbsp real butter.  
576 Cal. |
| **LUNCH**
Prepare a 4-ounce lamb steak. On the side, have 1 cup of quinoa mixed with fresh herbs and 1 tbsp olive oil, 1/2 cup of steamed carrots with 1/2 cup of chopped red onion, and 1/2 of an apple.  
634 Cal. | Turkey sandwich with 4 ounces of sliced turkey, lettuce, tomato, and hot mustard on 2 slices of gluten-free bread. Pair with 1 cup steamed vegetable and 1 cup gluten-free pasta.  
547 Cal. | 1 cup of pinto beans sautéed in 1 tbsp of olive oil with herbs. Combine with 1 cup of cooked red quinoa sautéed with spinach and broccoli. Dip mixture in 1/2 cup Greek yogurt with dill and garlic.  
775 Cal. |
| **SNACK**
1/3 cup of pecans.  
1 pear.  
270 Cal. | Eight to 16 zucchini and celery sticks.  
1 cup of Greek yogurt with dill, garlic, and black pepper.  
145 Cal. | 1 apple with 1 tbsp almond butter.  
165 Cal. |
| **DINNER**
Mix 4-1/2 ounces of sardines with a medium to large assorted vegetable salad, 1 cup of brown rice, and 2 tbsp light vinaigrette.  
520 Cal. | Three 2-ounce beef meatballs sautéed with 1 to 2 cups of white and red cabbage and 3 tbsp grapeseed oil. For dessert, have 1 baked apple with cinnamon.  
670 Cal. | One 5-ounce grilled pork chop. On the side, have 2 cups of asparagus sautéed in 1 tbsp of grapeseed oil.  
415 Cal. |
| **TOTAL CALORIES**
1949 Calories | 1706 Calories | 1931 Calories |

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

* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
The Gold's Gym 12-Week Personal Transformation Plan

**Week 3 | Goal: Boost Performance Advanced**

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

### 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>2 egg whites sautéed with 1/2 cup spinach and 1 tbsp olive oil. 1 cup of high-fiber cereal with 1 cup of nonfat milk and 1 cup of blueberries.</td>
<td>Turkey sandwich made with 5 ounces of sliced turkey, 1/2 sliced avocado, tomato, lettuce, and hot mustard on 2 slices of gluten-free bread. On the side, have 1 peach with the skin left on.</td>
<td>1 cup of red grapes. 1/2 cup sunflower seeds.</td>
</tr>
<tr>
<td>487 Cal.</td>
<td>548 Cal.</td>
<td>192 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>Grill 6 ounces of halibut or choice of white fish. Sauté 1 cup of fresh tomatoes, basil, and olive oil to pour over the fish. On the side, have 1 cup of grilled red and yellow peppers, 1/2 baked potato with the skin, and 1 tbsp pesto.</td>
<td>Sauté one 4-ounce lamb or grass-fed beef patty in 1 tbsp grapeseed oil. On the side, have 1 cup black beans with herbs, and a small to medium green salad with cucumber and jicama. Top with 2 tbsp vinaigrette.</td>
<td><strong>1801 Calories</strong></td>
</tr>
<tr>
<td>574 Cal.</td>
<td>652 Cal.</td>
<td><strong>1800 Calories</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Slice a 4-ounce chicken breast in half; stuff with pesto, spinach, and herbs, and bake. On the side, have 2 cups boiled quinoa with 1/3 cup chopped pecans, plus 1 to 2 cups of sautéed red cabbage and asparagus, and 1/2 of a banana (add the 1/2 banana at the very end of the sauté process).</td>
<td>1 slice of low-fat Jarlsberg cheese, 1 whole kiwi fruit, and 1/2 of a sliced green apple.</td>
<td><strong>1846 Calories</strong></td>
</tr>
<tr>
<td>814 Cal.</td>
<td>170 Cal.</td>
<td><strong>1801 Calories</strong></td>
</tr>
</tbody>
</table>

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**QUOTE OF THE WEEK:**
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**The Gold's Gym 12-Week Personal Transformation Plan**

**WEEK 3**

**Goal: Boost Performance Advanced**

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**TIP SHEET: Boost Performance Week 3**

**WORKOUT TIPS**

On Week 3 here are a few tips to help you make the most of your gym time:

- **Mix up cardio:** Your plan often lets you pick and choose which cardio machines you can use. Make sure to switch it up as often as you can. Sticking to one type of cardio can allow your muscles to adapt and get too familiar with the training—so you don’t get the same results you once did.

- **Minimize phone stops:** Texting and talking between sets leads to bad gym behavior for two reasons. One, you might end up taking more time between sets, wasting valuable gym time and letting your heart rate slip. Two, while you’re typing away, your body wants you to be hydrating and stretching to recover from the work it just put in.

- **Loosen your grip:** An overly tight grip on exercise machines or free weights does nothing more than strengthen your forearms and will tire you out faster when performing exercises. Try loosening your grip, or invest in some padded gloves and straps to help ease the tension.

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**MENU NOTES**

Your menu outlines all the ingredients you need for a healthy week, but make sure you’re putting the best version of those ingredients in your shopping bag. Some tips to make sure you do:

- Be positive that you’re buying the most sustainable and healthy seafood around by checking [Seafoodwatch.org](http://Seafoodwatch.org). Its simple interface lets you easily find out the best choices for fish and crustaceans and good alternatives when the best isn’t available.

- The Environmental Working Group scores food based on nutrition, ingredients and how processed it is. You can search their database on [www.ewg.org/foodscores](http://www.ewg.org/foodscores) or download their [Food Scores](http://FoodScores) app.