Warm-up: 10-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**

**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.

**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.

**TRICEPS PRESSDOWN** — 3 sets of 10 reps; rest 30 secs 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 your knuckles face the floor at the bottom. Hold at lockout for 1 second before returning to the starting position.

See more on next page »
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### STRENGTH TRAINING (CONT.)

**PLANK** — 3 sets of 45 secs 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 30 secs.

**SIDE PLANK** — 3 sets of 45 secs holds on each side; rest 30 secs between sets  
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. Hold. Try not to let your hips sag. Repeat on left side.

**STABILITY-BALL CRUNCH** — 3 sets of 20 reps; rest 30 secs between sets  
Lie back on a stability ball, with your feet flat on the floor and your body forming a 45-degree angle with the ball. Cross your hands, and place them on your upper chest. Contract your abs to lift your torso five to 10 inches off the ball, keeping your feet and neck stable, then slowly lower your torso back down.

**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

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---

**CARDIO**

Do an indoor cardio triathlon!

**ELLIPSTICAL (10 mins)**

A traditional triathlon starts with swimming, but for our indoor version try an elliptical machine that provides a highly efficient low-impact workout. Think of this portion as your warm-up to the bike and run, and be sure to keep your head and body upright.

**BICYCLE (5 mins)**

To gain maximum cycling benefits, properly align yourself before you start. Adjust the seat so that your knees have a slight bend when extended. Find a comfortable resistance that allows you to maintain around 80 revolutions per minute.

**TREADMILL (10 mins)**

Because your legs will likely feel a little rubbery after the bike ride, ease into the run. In fact, you should feel free to start with 1 or 2 mins of walking or jogging to get going. Once you’re in a groove, build up speed.

---

**STRENGTH TRAINING**

Plyometric workouts utilize jumps, hops and rapid movements to engage muscle groups in your core, and lower and upper body—at times simultaneously—to increase balance and strength.

Do 3 sets of each of these exercises in this order, resting for 1 mins between each set.

**SQUAT JUMP ONTO BOX — 10 reps**

Stand in front of a 12-inch box, or a stabilized weight bench. Push your hips back, squat down and jump with both feet onto the box. Jump off the box, reset and repeat the movement. Repeat until desired amount of reps are completed.

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See more on next page »

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**STRENGTH TRAINING CONT.**

**SQUAT, PLANK, PUSHUP — 10 reps**

Stand with the feet shoulder-width apart and toes pointed outward. Descend your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump the legs back so that you're in a full plank position. Keeping the elbows tucked close to the torso, descend into a push-up until your chest touches the ground. Jump your feet forward into a squat position and repeat.

**SCISSOR POWER SWITCH — 10 reps each leg**

Stand with your feet lunge-length apart, with your right foot in front of your left. Bend both knees to 90 degrees and descend into the lunge. Reach for the ground with your left hand.

**LATERAL DUMBBELL STEP-UP — 10 reps each side**

Stand beside a box or exercise bench. Hold a dumbbell in each hand. Place the foot of your outside leg on the box or bench. Step up onto the box, finish with your trail leg on the bench. Step down with your trail leg. Do all reps, switch sides and repeat.

**SIDE-TO-SIDE SHUFFLE JUMP — 10 reps each side**

Stand tall with your arms by your side. Squat down, reaching your left hand to the outside of your left foot. Jump into the air and toward the right, landing in the squat position while reaching your right hand outside of your right foot. Make sure to keep your heels against the ground the entire time. Repeat this back and forth movement for the desired amount of reps.

**MEDICINE-BALL SIDE THROW — 10 reps each side**

Hold a medicine ball in front of your chest with your arms extended and stand sideways about 3 feet from a wall. Slightly bend your elbows. Bring the ball across your body and then quickly rotate your torso and throw the ball against the wall. As the ball rebounds off the wall, catch and repeat the movement. Do all reps, switch sides and repeat.

See more on next page »

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**STRENGTH TRAINING**

**MEDICINE-BALL WOOD chop — 12 reps each side**
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. Do all reps, switch sides and repeat.

**MEDICINE BALL SLAM — 12 reps**
Grab a medicine ball and hold it above your head. Your arms should be slightly bent and your feet shoulder-width apart. Forcefully slam the ball to the floor in front of you as hard as you can. Pick the ball up and repeat. Perform all reps.

**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 on each side

- **OVER UNDER SHOULDER STRETCH**
  Hold 30 secs each side

- **CAT CAMEL**
  15 reps

---

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---

**Warm-up:** 10-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**

**Dumbbell Fly** — 3 sets of 10 reps; rest 30 secs between sets

Grab a pair of dumbbells and lie on a bench with a 30 to 45 degree angle. Raise your arms straight above your chest with your palms facing each other and your elbows slightly bent. Slowly lower the dumbbells in an arc down and away from your body. Once the dumbbells are almost in line with your chest—but just above it—reverse the movement to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

**Pushup with Medicine Ball** — 3 sets of 8 reps each side; rest 1 min between sets

Grab a medicine ball and place it on the ground. Get in the standard pushup position with one hand on the floor and the other hand on top of the medicine ball. Your body should be in a straight line with your legs straight and toes pointing into the ground. Keeping your core tight, slowly lower yourself toward the ground. Make sure to keep your elbows tucked in close by your sides so that they make a 45-degree angle with your torso. Once your chest nearly touches the ground, pause, and then press back up to the starting position. Roll the medicine ball beneath the other hand and perform the same movement.

**Single-Arm Standing Cable Reverse Fly** — 3 sets of 10 reps each side; rest 30 secs between sets

Stand next to an adjustable cable machine so that it is on your right. Hold the D-handle attachment with your left hand, palm facing your right oblique. Keep your left elbow tight to your side. Rotate your left shoulder by bringing the handle across your body until your arm is almost extended, then return to the starting position. Switch sides and repeat.

**Dumbbell Shoulder Press** — 3 sets of 10 reps; rest 30 secs between sets

Hold a pair of dumbbells just outside your shoulders, your arms bent and palms facing forward. 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.

---

**Warm-Ups**

- **Shoulder Circles**
  - 30 secs each direction

- **Neck Rotations**
  - 5 reps each side

- **Good Morning Stretch**
  - 5 reps

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See more on next page »

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### Day 3

#### Strength Training (CONT.)

**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 your 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.

**Lat Pulldown** — 3 sets of 10 reps; rest 30 secs 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.

**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 your 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.

**Crunch** — 3 sets of 15 reps; rest 30 secs between sets

Lie flat on your back, placing your hands behind your head or cross over your chest. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. Tighten your abs and lift your shoulders and upper back off the ground. Squeeze your abs at the top of the movement and hold for one second. Return to starting position and repeat.

#### Cool Down

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

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WEEK 3

**Goal: Build Muscle Advanced**

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---

**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**

**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 back to the starting position.

**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.

**LEG PRESS MACHINE** — 3 sets of 10 reps; rest 30 secs between sets  
Sit on a leg-press machine with feet hip-width apart. Set the weight on a challenging resistance. Bend your knees 90 degrees, keeping your feet flat against the footplate. Extend your legs until they are straight but not locked. Slowly return to the starting position.

**SPLIT SQUAT WITH DUMBBELL** — 3 sets of 10 reps each side; rest 30 secs between sets  
Hold a pair of dumbbells at arm's length next to your sides, your palms facing each other. Stand in a staggered stance, your left foot in front of your right. Slowly lower your body as far as you can. Your rear knee should nearly touch the floor. Pause, then push yourself back up to the starting position. Complete the prescribed number of reps, then do the same number of reps with your right foot in front of your left.

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<tr>
<td><strong>STRENGTH TRAINING CONT.</strong></td>
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**SHIFTING SIDE LUNGE — Do three sets of 10 reps each side; rest 30 secs between sets**

Hold a dumbbell in each hand, keeping your arms entirely straight. Push your chest out and take a large step to the side, pushing your hips back and bending the knee of the lead leg. Keep your trailing leg as straight as possible. As you lunge, bend forward at the hips and reach the dumbbells on both sides of your lead leg, making sure to keep your lower back from rounding. Bend your opposite knee, shifting the weight onto both legs while reaching the dumbbells straight down in front of you. Straighten your former lead leg, shifting your weight to the opposite side while lunging, placing the dumbbells on both side of that leg. Push off your lead leg, bringing your feet together and returning to the starting position.

**LEG CURL MACHINE — 3 sets of 10 reps; rest 30 secs between sets**

Set the machine to a challenging but doable weight. Lying stomach-down on the bench part of the machine, 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 doable 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.

**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

---

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### BUILD MUSCLE MEAL PLAN

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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein smoothie made with                                       307 Cal.</td>
<td>8 ounces of goat yogurt with 1 scoop</td>
<td>Spinach omelet made with 6 egg</td>
</tr>
<tr>
<td>almond milk, 1-1/2 scoops whey protein powder*, 1 tbsp almond</td>
<td>of whey protein powder* (chocolate if you prefer) and 1 tbsp of hemp</td>
<td>whites, 1 whole egg, 1 cup spinach, and 1/2 cup of black beans.</td>
</tr>
<tr>
<td>butter, 1-1/2 ounces banana, and 6 ounces almond milk.</td>
<td>hearts or flaxseed meal.</td>
<td>321 Cal.</td>
</tr>
<tr>
<td>307 Cal.</td>
<td>299 Cal.</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prepare 4-1/2 ounces of halibut or                                 351 Cal.</td>
<td>Chicken and cheese burrito made with</td>
<td></td>
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<tr>
<td>shrimp*. On the side, have 1-1/2 cups garden salad, 3 tbsp balsamic</td>
<td>3 cups garden salad* consisting of</td>
<td>5 ounces boneless, skinless chicken breast, 1 ounce cheddar cheese,</td>
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<tr>
<td>vinaigrette, and 5 ounces of steamed broccoli.</td>
<td>lettuce and fibrous vegetables. Top with 1 tbsp of oil and vinegar</td>
<td>and 1/3 cup mixed vegetables. Enclose in a</td>
</tr>
<tr>
<td>351 Cal.</td>
<td>and 4 ounces of boneless, skinless grilled chicken breast.</td>
<td>sprouted-whole-grain wrap.</td>
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<tr>
<td><strong>SNACK</strong></td>
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<td></td>
</tr>
<tr>
<td>1 Advanced Athletics meal replacement bar or a Quest               240 Cal. / Calories vary</td>
<td>Tuna salad consisting of 4 ounces</td>
<td>Grill 4-1/2 ounces of chicken breast.</td>
</tr>
<tr>
<td>protein bar.</td>
<td>240 Cal. / Calories vary</td>
<td>305 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
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<tr>
<td>Stir fry 4-1/2 ounces raw shrimp, 1/2 tbsp olive oil, 1/2 cup      344 Cal.</td>
<td>Grill 4-1/2 ounces of chicken breast and</td>
<td></td>
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<tr>
<td>cooked brown rice, and 6 ounces broccoli.</td>
<td>344 Cal.</td>
<td>cover with 1 tbsp of barbecue sauce. On the side have 2 cups of</td>
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<td></td>
<td>garden salad* topped with 3 tbsp balsamic vinaigrette.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>341 Cal.</td>
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<td>Day 4-6 continued on next page...</td>
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* Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.
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**WEEK 3**  
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**Gym Days: 4 (pick whichever 4 days of the week you can work out)**

### DAY 1  
**BREAKFAST**  
| 10 ounces of low-fat Greek yogurt with 1/4 ounce almonds and 3 ounces blueberries. | **285 Cal.** |

**LUNCH**  
| 3 cups of garden salad* with lettuce and grilled vegetables. | **423 Cal.** |

**SNACK**  
| 1 protein smoothie made with 1-3/4 scoops of whey protein powder*, 6 ounces almond milk, 1 tbsp almond butter, and 3 ounces of banana. | **402 Cal.** |

**DINNER**  
| Prepare 4 ounces of filet mignon. On the side, have 6 ounces of steamed broccoli and 1/2 ounce of brown rice. | **343 Cal.** |

### DAY 2  
**BREAKFAST**  
| 3 cups of garden salad* with lettuce and grilled vegetables. Top with 1 tbsp light salad dressing, 1 ounce hummus, and 5 ounces of grilled salmon. | **423 Cal.** |

**LUNCH**  
| 1 protein smoothie made with 1-3/4 scoops of whey protein powder*, 6 ounces almond milk, 1 tbsp almond butter, and 3 ounces of banana. | **402 Cal.** |

**SNACK**  
| In a salad bowl, mix 4-1/2 ounces grilled chicken breast, 1/2 ounce olives, 1/2 cup brown rice, 1 ounce raw arugula, 1 ounce tomato, and 1 ounce cucumber. Top with 2-1/2 tbsp balsamic vinaigrette. | **327 Cal.** |

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

### DAY 3  
**BREAKFAST**  
| Mix 1-1/2 scoops whey protein powder* with 1 tbsp almond butter and 1-1/2 ounces oatmeal. | **388 Cal.** |

**LUNCH**  
| 3 cups of garden salad* with lettuce and grilled vegetables. Top with 1 tbsp light salad dressing, 1 ounce hummus, and 5 ounces of grilled salmon. | **423 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**  
| In a salad bowl, mix 4-1/2 ounces grilled chicken breast, 1/2 ounce olives, 1/2 cup brown rice, 1 ounce raw arugula, 1 ounce tomato, and 1 ounce cucumber. Top with 2-1/2 tbsp balsamic vinaigrette. | **327 Cal.** |

### DAY 4  
**BREAKFAST**  
| Protein smoothie made with 6 ounces almond milk, 1-1/2 scoops whey protein powder*, 1 tbsp almond butter, and 1-1/2 ounces banana. | **307 Cal.** |

**LUNCH**  
| Chicken fajitas consisting of 4 ounces of boneless, skinless chicken breast, 1-1/2 ounces avocado, 1 ounce green and red peppers, and 2 ounces of any sprouted-whole-grain tortillas. | **305 Cal.** |

**SNACK**  
| 1 protein smoothie made with 2 scoops whey protein powder*, 6 ounces almond milk, 1 tbsp almond butter, and 5 ounces of strawberries. | **386 Cal.** |

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

---

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**Week 3**

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---

**TIP SHEET: Build Muscle 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.

**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://Food Scores) app.