Goal: Get Lean

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

WEEK 3

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

CARDIO
TREADMILL INCLINES — Brisk Walking
Increase incline level every 15 secs until reaching Incline 15
Decrease incline level every 15 secs until reaching 0

Beginner: 2.5–3 mph
Intermediate: 3–3.5 mph
Advanced: 3.5–4 mph

TOTAL BODY STRENGTH CIRCUITS
Equipment: Dumbbells, barbells, incline bench, medicine ball
Beginner: 5-lb dumbbells or barbells
Intermediate to Advanced: 8-lb to 10-lb dumbbells or barbells

Circuit 1 (3 times; rest 1 min at end of each circuit)

DUMBBELL SQUAT — 10 reps
Hold a pair of dumbbells at arm’s length next to your sides, your palms facing each other. Brace your abs, and lower your body as far as you can by pushing your hips back and bending your knees. Pause, then push back up to the starting position.

DUMBBELL SHOULDER PRESS — 10 reps
With your arms bent and palms facing each other, hold a pair of dumbbells just outside your shoulders. 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.

See more on next page »
WEEK 3

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

**STRENGTH TRAINING**

LUNGE WITH DUMBBELLS AT SIDES — 10 reps each side
Grab a pair of dumbbells and hold them at arm's length next to your sides, your palms facing each other. Step forward with your right leg and slowly lower your body until your front knee is bent at least 90 degrees. Pause, then push yourself to the starting position as quickly as you can. Complete the prescribed number of reps with your right leg, then do the same number with your left leg.

DUMBBELL BICEPS CURL — 10 reps
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 upward to your shoulders. Pause for 1 sec and slowly allow the weights to return to the starting position. Completely straighten your arms and repeat until all reps are completed.

SQUAT, PLANK, PUSHUP — 5 reps
Stand with your 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 the 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.

Circuit 2 (3 times; rest 1 min at end of each circuit)

BASIC BENCH — 10 reps
Lie on a bench holding a barbell with an overhand grip. Keep hands slightly wider than shoulder-width apart. Press the barbell above your chest, straightening your arms. Hold the barbell in place for 30 secs and lower it to your chest to return to start.

DUMBBELL FLY — 10 reps
Grab a pair of dumbbells and lie on your back 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 just above chest level—reverse the movement to the starting position, making sure you squeeze the muscles in your chest at the top of the movement.

See more on next page »

Click here to try a class/view our class schedule.
**QUOTE OF THE WEEK:**
*Exercise and application produce order in our affairs, health of body, cheerfulness of mind, and these make us precious to our friends.*
— Thomas Jefferson

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

**WEEK 3**

**Goal:** Get Lean

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

---

**STRENGTH TRAINING CONT.**

**MOUNTAIN CLIMBER — 10 reps**
Get into the pushup position, keeping your arms completely straight and directly beneath your shoulders. Tighten your stomach and lift one foot off the floor, raising your knee up toward your chest while keeping your body in as straight of a line as possible. Return to the starting position and repeat the movement with your opposite leg.

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

**DUMBBELL LATERAL RAISE — 10 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.

**ONE-ARM DUMBBELL ROW — 10 reps**
Grab a dumbbell in one hand, and put the opposite knee and hand on a bench. The torso should be parallel to the ground. Start with your arm straight by your side, and pull the dumbbell up to the side of your chest (near the armpit), keeping your arm close to your body. Lower the weight back to starting position. Do all reps, switch sides and repeat.

**DUMBBELL TRICEPS KICKBACK — 10 reps each side**
Kneel over one side of a weight bench by placing the right knee and right hand on the bench. The torso should be parallel to the floor. Grab a dumbbell with the left hand with an overhand grip, and position the elbow at your side so the upper arm is parallel to the floor. Now fully extend the left arm back by contracting the triceps. Pause for 1 sec and then return to the starting position. Continue and repeat with the opposite arm.

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**See more on next page »**
## WEEK 3

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

### DAY 1

**STRENGTH TRAINING**

Circuit 4 (3 times; rest 1 min at end of each circuit)

**DUMBBELL STRAIGHT-LEG DEADLIFT — 10 reps**
Grab a pair of dumbbells with an overhand grip, and hold them at arm's length in front 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.

**GLUTE BRIDGE WITH ADDUCTION — 10 reps**
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 mins

### DAY 2

**STRETCHING 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

### DAY 3

**STRENGTH TRAINING**

### DAY 4

Click here to try a class/view our class schedule.
The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 3

Goal: Get Lean
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

TREADMILL INTERVALS (2 times)
Incline: 2.5

Beginner
Jog interval: 4–5 mph
Sprint interval: 5–6 mph

Intermediate to Advanced
Jog interval: 5–6 mph
Sprint interval: 7–8 mph

See more on next page »

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WEEK 3

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STRENGTH TRAINING

Core Circuit (3 times; rest 1 min at end of 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.

PLANK WITH GLUTE RAISE — 12 reps each side
Lie on your side and position yourself on your bottom elbow and side of your foot. Raise your hips so that they’re off the ground and your body forms a straight line from your ankles to 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.

SIDE PLANK — Hold for 30 secs each side
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.

STACKED FEET PUSHUP — 12 reps
Get in the standard pushup position with your hands slightly wider than shoulder-width apart and elbows completely locked out. Keeping one foot planted on the ground, pick the other foot up and place it on the heel of the planted foot. Keeping your core tight, slowly lower yourself toward the ground. Make sure to keep your elbows tucked in close by your sides so they make a 45-degree angle with your torso. Once your chest touches the ground, pause, and then press back up to the starting position. Repeat for the prescribed number of reps.

SUPERMAN — Hold for 30 secs
Lie facedown on the floor with your legs straight and your arms out in front of you. Your palms should be down on the floor. Squeeze your glutes and lower back to raise your upper body off the floor keeping your hands out in front of you. Simultaneously, lift your straight legs off the floor. Pause at the top for two seconds. Relax and return to the starting position.

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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The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 3

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

CLASS DAY

Focus: Cardio
Warm-up: Cardio of your choice (treadmill, elliptical, etc.): 5 mins / moderate

Cardio
Attend a Cycle Interval Training class (1 hour).

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

Goal: Get Lean

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

Focus: Cardio and Strength

CARDIO

TREADMILL INCLINES
Increase incline level every 15 secs until reaching Incline 15
Decrease incline level every 15 secs until reaching 0

Beginner: 2.5–3 mph
Intermediate: 3–3.5 mph
Advanced: 3.5–4 mph

STRENGTH TRAINING

TOTAL BODY STRENGTH CIRCUITS

Equipment: Incline bench, dumbbells, medicine ball

Beginner: 5-lb dumbbells
Intermediate to Advanced: 8-lb to 10-lb dumbbells

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

DUMBBELL SHOULDER PRESS — 10 reps
With your arms bent and palms facing each other, hold a pair of dumbbells just outside your shoulders. 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.

OFFSET DUMBBELL REVERSE LUNGE — 10 reps each side
Grab a dumbbell and hold it in your right hand next to your shoulder, with your arm bent. Stand tall with your feet hip-width apart. Step back with your right leg and slowly lower your body until your front knee is bent at least 90 degrees. Don’t allow the weight to carry you forward. Your rear knee should nearly touch the floor. Keep your torso as upright as possible, pause, then push yourself to the starting position as quickly as you can. Complete the prescribed number of reps with your right leg, then do the same number with your left leg.

See more on next page »
QUOTE OF THE WEEK:
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WEEK 3

Goal: Get Lean
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STRENGTH TRAINING

CONT.

SQUAT, PLANK, PUSHUP — 5 reps
Stand with your 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 the 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.

MOUNTAIN CLIMBER — 12 reps each side
Get into the pushup position, keeping your arms completely straight and directly beneath your shoulders. Tighten your stomach and lift one foot off the floor, raising your knee up toward your chest while keeping your body in as straight of a line as possible. Return to the starting position and repeat the movement with your opposite leg.

Circuit 2 (3 times; rest 30 secs at end of each circuit)

DUMBBELL INCLINE CHEST PRESS — 10 reps
Set an adjustable bench to an incline of 30 to 45 degrees. Grab a pair of dumbbells and lie face up on the bench. Hold the dumbbells directly above your shoulders with your arms straight. Lower the dumbbells to the sides of your chest, pause, and then press the weights back above your chest.

INCLINE FLY — 10 reps
Lie on your back on an incline bench, holding a pair of dumbbells above your chest. Make sure your palms are facing toward one another, and keep your elbows slightly bent. Maintaining a slight bend in the elbows, slowly lower the dumbbells horizontally until your upper arms are parallel with the ground. Pause, then squeeze your pecs while bringing your arms back to the starting position. Repeat for the prescribed number of repetitions.

PUSHUP — 5 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.

See more on next page »
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The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 3

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

STRENGTH TRAINING

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

DUMBBELL LATERAL RAISE — 12 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.

ONE-ARM DUMBBELL ROW — 12 reps
Grab a dumbbell in one hand, and put the opposite knee and hand on a bench. The torso should be parallel to the ground. Start with your arm straight by your side, and pull the dumbbell up to the side of your chest (near the armpit), keeping your arm close to your body. Lower the weight back to starting position. Do all reps, switch sides and repeat.

DUMBBELL TRICEPS KICKBACK — 12 reps each side
Kneel over one side of a weight bench by placing the right knee and right hand on the bench. Position the left leg slightly back and to the side with the left foot firmly planted on the floor. The torso should be parallel to the floor. Grab a dumbbell with the left hand with an overhand grip, and position the elbow at your side so the upper arm is parallel to the floor. Now fully extend the left arm back by contracting the triceps. Pause for 1 sec and then return to the starting position. Continue and repeat with the opposite arm.

MOUNTAIN CLIMBER — 12 reps
Get into the pushup position, keeping your arms completely straight and directly beneath your shoulders. Tighten your stomach and lift one foot off the floor, raising your knee up toward your chest while keeping your body in as straight of a line as possible. Return to the starting position and repeat the movement with your opposite leg.

See more on next page »
The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 3

Goal: Get Lean

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

DAY 1

STRENGTH TRAINING CONT.

Circuit 4 (3 times; rest 30 secs at end of each circuit)

SQUAT — 12 reps
Stand as tall as you can with your feet shoulder-width apart, toes 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 upwards back to the starting position, squeezing the glutes at the top of the movement.

DUMBBELL STRAIGHT-LEG DEADLIFT — 10 reps
Grab a pair of dumbbells with an overhand grip, and hold them at arm’s length in front 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.

GLUTE BRIDGE WITH ADDUCTION — 10 reps
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 mins

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

**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>1 cup steel cut oatmeal with 1 sliced green apple mixed in for flavor.</td>
<td>1 cup Greek yogurt with 1 cup of sliced strawberries and 1 slice of whole grain bread on the side.</td>
<td>1 cup oat bran cereal with almond milk, 1 cup of blueberries and 2 boiled eggs on the side.</td>
</tr>
<tr>
<td>372 Cal.</td>
<td>261 Cal.</td>
<td>367 Cal.</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
</tr>
<tr>
<td>1 ounce low-fat cheddar cheese melted on 1 slice of whole wheat bread with 1 slice of tomato and 2 slices of turkey. One the side, have 1 fruit of choice.</td>
<td>Mix 3 ounces of canned tuna with 2 tbsp of reduced fat mayonnaise, 2 tbsp minced onion, 2 tbsp celery, 2 tbsp grated carrot, 1 lettuce leaf and 1 ounce of reduced-fat Swiss cheese. Serve in a whole wheat pita bread.</td>
<td>4 ounces of sliced roast beef on 2 slices of whole wheat bread. Add brown mustard and 1 slice of tomato. On the side, have 1 green apple.</td>
</tr>
<tr>
<td>224 Cal.</td>
<td>286 Cal.</td>
<td>412 Cal.</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>1 cup chopped vegetables of choice dipped in salsa.</td>
<td>2 boiled eggs. 1 apple.</td>
<td>1/2 avocado and 1 cup assorted vegetables of choice.</td>
</tr>
<tr>
<td>109 Cal.</td>
<td>228 Cal.</td>
<td>184 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Grill 4 ounces of salmon. On the side, have 1/2 cup brown rice, 1 cup chopped cucumber mixed with 1/2 cup chopped tomatoes and 1 tbsp oil and vinegar.</td>
<td>Grill 4 ounces of shrimp. On the side, have 1 cup steamed asparagus and 1 garbanzo bean salad. In the salad, place 1 cup garbanzo beans on a bed of lettuce and drizzle 3 tbsp of oil and vinegar over top.</td>
<td>Bake 4 ounces of turkey breast. On the side, have 1 baked sweet potato and 1 cup steamed broccoli.</td>
</tr>
<tr>
<td>586 Cal.</td>
<td>626 Cal.</td>
<td>360 Cal.</td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>1291 Calories</td>
<td>1401 Calories</td>
<td>1323 Calories</td>
</tr>
</tbody>
</table>

* Each day is based on a balance of approximately 1200-1400 average total calories to be consumed per day. If you are intensely training, try having a protein smoothie with breakfast.
# The Gold's Gym 12-Week Personal Transformation Plan

**WEEK 3**

**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</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>TOTAL CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAY 4</strong></td>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries.</td>
<td>Grill one turkey burger. Place on a whole wheat bun and top with lettuce and tomato. On the side have a small mixed green salad.</td>
<td>6 ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds.</td>
<td>6 ounces of roasted chicken paired with 1/2 cup cooked broccoli and 1 sweet potato.</td>
<td>1423 Calories</td>
</tr>
<tr>
<td></td>
<td>371 Cal.</td>
<td>400 Cal.</td>
<td>233 Cal.</td>
<td>419 Cal.</td>
<td></td>
</tr>
<tr>
<td><strong>DAY 5</strong></td>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries.</td>
<td>1 whole wheat tortilla with 1 cup of mixed beans; top with salsa. Add in 1 cup of grilled peppers and onions.</td>
<td>1/2 cup avocado. 1 apple.</td>
<td>Bake 4 ounces of perch fillet. On the side, have 1 cup quinoa and 1 cup steamed broccoli.</td>
<td>1395 Calories</td>
</tr>
<tr>
<td></td>
<td>371 Cal.</td>
<td>448 Cal.</td>
<td>189 Cal.</td>
<td>387 Cal.</td>
<td></td>
</tr>
<tr>
<td><strong>DAY 6</strong></td>
<td>1 protein shake made with 1 scoop of protein, 1 handful of spinach, 1 cup mixed berries, 6 ounces of water, and 6 ounces of skim milk.</td>
<td>1 large salad with veggies. Top with 4 ounces of shrimp and oil-and-vinegar dressing.</td>
<td>1 small green apple. 1 tbsp natural almonds.</td>
<td>Grill 6 ounces of halibut. On the side, have 1 cup of brown rice and grilled vegetables marinated in olive oil.</td>
<td>1236 Calories</td>
</tr>
<tr>
<td></td>
<td>213 Cal.</td>
<td>300 Cal.</td>
<td>220 Cal.</td>
<td>503 Cal.</td>
<td></td>
</tr>
</tbody>
</table>

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The Gold's Gym 12-Week Personal Transformation Plan

WEEK 3

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

TIP SHEET: Get Lean 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). It’s 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.