**Week 3**

**Goal: Stay Healthy**

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

### Day 1

**CARDIO**

Do 20 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 1.5-min warm-up at Zone 1, then maintain an exertion level between Zone 3 and 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.)

### STRENGTH TRAINING

**RESISTANCE-TRAINING CIRCUIT (2 rounds; rest 1 min at the end of each round)**

Try this bootcamp-style resistance-training workout. Do these exercises in a circuit; that is, do 1 set of an exercise, then move on to the next exercise. The key is to keep your heart rate high by constantly moving, but make sure to rest as instructed between sets.

**OVERHEAD DUMBBELL SQUAT**

Hold a pair of dumbbells directly above your head at about shoulder-width apart. Your feet should be shoulder-width apart, too. Maintain a tight core, and begin to lower your hips by pushing them back, and then bending your knees. Make sure the dumbbells remain directly above your head during the entire movement. At the bottom of the movement, your knees should be at about 90 degrees. Pause for a second, and then push through your heels back to the starting position. Repeat until all prescribed reps are completed.

- **Round 1:** 8 reps
- **Round 2:** 10 reps

**STRAIGHT-ARM LAT PULLDOWN**

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.

- **Round 1:** 8 reps
- **Round 2:** 10 reps

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.
### WEEK 3
**Goal:** Stay Healthy  
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<table>
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<tr>
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#### STRENGTH TRAINING (CONT.)

**PUSHUP WITH MEDICINE BALL**

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 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. Repeat for the prescribed number of reps.

- **Round 1:** 3 reps each side  
- **Round 2:** 5 reps each side

**STEP-UPS WITH DUMBBELLS**

Stand behind a box or exercise bench. 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.

- **Round 1:** 8 reps each side  
- **Round 2:** 10 reps each side

**KETTLEBELL SWING**

Hold a single kettlebell with both hands, using an overhand grip and keeping your feet shoulder-width apart. Bend your knees slightly while pushing your hips backward, pushing your chest out and hinging your torso until it is parallel with the floor. Explosively push your hips forward while squeezing your glutes, letting the momentum from this movement propel the kettlebell, not by using your arms.

- **Round 1:** 8 reps  
- **Round 2:** 10 reps

See more on next page »

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**HOVERING SITUP**

Start by sitting with your feet and upper back off the ground and knees bent toward your chest, placing your hands behind your head for support and balance. Make sure not to pull at your neck. Tighten your abs and straighten your legs out completely while leaning back, touching your lower back to the ground while making sure that your shoulders remain in the air. Use your abs to crunch up and return to the starting position, repeating for the desired number of repetitions.

- **Round 1:** 10 reps
- **Round 2:** 12 reps

**Stretching:** 5 mins

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**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**

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**CARDIO**

Incorporate some high-intensity interval training to add some speed plus strength to your cardio routine. 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).

**Duration:** Approx. 45 mins

**Warm-up:** 15 mins / Zones 2–3

**Interval Cycle (repeat 5 times)**

- 1 min / Zone 4
- 3 mins / Zone 2

**Cooldown**

5–10 mins cardio at an easy pace, followed by light stretching

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**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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**CARDIO AND STRENGTH**

This challenging strength routine, which is punctuated with cardio sessions, works the arms, legs and core.

**CARDIO SESSION 1** *(1 time, before circuits)*

Warm up for 3 mins at an easy pace on the treadmill or elliptical.

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

**WALKING LUNGE — 8 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.

**DUMBBELL LATERAL RAISE — 8 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.

**DUMBBELL BICEPS CURL — 8 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 a second and slowly allow the weights to return to the starting position. Completely straighten your arms and repeat.

**CARDIO SESSION 2** *(1 time, between circuits)*

**JUMP ROPE — 5 mins**

Use a rope that when folded in half reaches from your shoulders to the floor. Grip the handles and allow your arms to hang at a 45-degree angle at your sides. Step over the rope so that it’s hanging behind your feet. Use your wrists and hands to swing the rope over your head. Try to not move your arms much, if possible. As the rope comes toward your feet, jump slightly (called a skip) by pushing off the balls of your feet onto your toes.

See more on next page »

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**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction

- **NECK ROTATIONS**
  - 5 reps each side

- **GOOD MORNING STRETCH**
  - 5 reps

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**CARDIO AND STRENGTH (CONT.)**

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

**SINGLE-ARM STANDING CABLE REVERSE FLY — 8 reps each side**
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.

**STEP-UP WITH DUMBBELLS — 8 reps each side**
Stand behind a box or exercise bench. 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.

**TRICEPS DUMBBELL KICKBACK — 8 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 extend the left arm to full extension by contracting the triceps.

**CARDIO SESSION 3 (1 time, between circuits)**

**JUMP ROPE — 5 mins**
Use a rope that when folded in half reaches from your shoulders to the floor. Grip the handles and allow your arms to hang at a 45-degree angle at your sides. Step over the rope so that it’s hanging behind your feet. Use your wrists and hands to swing the rope over your head. Try to not move your arms much, if possible. As the rope comes toward your feet, jump slightly (called a skip) by pushing off the balls of your feet onto your toes.

**JUMPING JACKS — 5 mins**
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.

See more on next page »
WEEK 3

Goal: Stay Healthy

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Week 3

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

PLANK — Hold for 30 secs
Lie facedown with your elbows directly beneath your shoulders. Raise your torso into the air until your body is 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.

SIDE PLANK WITH TWIST — 8 reps each side
Lie on your side and position yourself on your bottom elbow and the side of your bottom foot. Lift your hips off the ground so your body forms a straight line from your shoulders to your feet. Brace your abs and squeeze your butt. Take your top arm and sweep underneath and slightly behind you. Your torso will twist forward; make sure to pivot your feet. Bring your arm back to the starting position as your body straightens out. Finish the rep with your shoulders square and your arm pointed toward the ceiling. Do all reps, switch sides and repeat.

Stretching: 5 mins

CARDIO AND STRENGTH

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WEEK 3

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CLASS DAY

Focus: Cardio and Strength

Attend a GGX class (1 hour).

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

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### Menu Plan

#### Day 1

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Total Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td>1/3 cup of pecans. 1 pear.</td>
<td>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.</td>
<td>1949 Calories</td>
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<tr>
<td><strong>525 Cal.</strong></td>
<td><strong>634 Cal.</strong></td>
<td><strong>270 Cal.</strong></td>
<td><strong>520 Cal.</strong></td>
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#### Day 2

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<tr>
<td>2 slices of gluten-free toast with 1 tbsp sugar-free raspberry preserves and 1 tbsp peanut butter.</td>
<td>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.</td>
<td>8 to 16 zucchini and celery sticks. 1 cup of Greek yogurt with dill, garlic, and black pepper.</td>
<td>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.</td>
<td>1706 Calories</td>
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<tr>
<td><strong>344 Cal.</strong></td>
<td><strong>547 Cal.</strong></td>
<td><strong>145 Cal.</strong></td>
<td><strong>670 Cal.</strong></td>
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<td>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.</td>
<td>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.</td>
<td>1 apple with 1 tbsp almond butter.</td>
<td>One 5-ounce grilled pork chop. On the side, have 2 cups of asparagus sautéed in 1 tbsp of grapeseed oil.</td>
<td>1931 Calories</td>
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<tr>
<td><strong>576 Cal.</strong></td>
<td><strong>775 Cal.</strong></td>
<td><strong>165 Cal.</strong></td>
<td><strong>415 Cal.</strong></td>
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Days 4-6 continued on next page...

* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
**QUOTED OF THE WEEK:**
Remember don’t limit exercise just to a gym, make it a lifestyle plan.
— Ramona Braganza

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

#### WEEK 3

**Goal: Stay Healthy**

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<td><strong>BREAKFAST</strong></td>
<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. <strong>487 Cal.</strong></td>
<td></td>
<td>1 protein shake made with 2 scoops whey protein, 1 banana, 1/2 cup strawberries, 1 tbsp flax meal, 1 cup almond milk, and 1 cup water. <strong>439 Cal.</strong></td>
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<tr>
<td><strong>LUNCH</strong></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. <strong>548 Cal.</strong></td>
<td>Ground chicken wrap made with 4 ounces ground chicken, 1 tbsp olive oil, ground peppers, onions, tomatoes, and spinach. Wrap in a brown rice tortilla. On the side, have 1 cup Greek yogurt with 1 cup of raspberries. <strong>596 Cal.</strong></td>
<td></td>
<td>Ground chicken wrap made with 4 ounces ground chicken, 1 tbsp olive oil, ground peppers, onions, tomatoes, and spinach. Wrap in a brown rice tortilla. On the side, have 1 cup Greek yogurt with 1 cup of raspberries. <strong>596 Cal.</strong></td>
<td>Turkey wrap made with 3 ounces of low-sodium turkey, 1 slice of ground low-fat cheddar cheese, 1 tbsp flax meal, 1/2 cup of raw broccoli, and 1 tbsp nonfat mayo and hot mustard. Wrap in a brown rice tortilla. <strong>412 Cal.</strong></td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td>1 cup of red grapes. 1/2 cup sunflower seeds. <strong>192 Cal.</strong></td>
<td>2 tbsp hummus dip with 12-15 sticks of carrots, celery, and zucchini. <strong>113 Cal.</strong></td>
<td></td>
<td>1 slice of low-fat Jarlsberg cheese, 1 whole kiwi fruit, and 1/2 of a sliced green apple. <strong>170 Cal.</strong></td>
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<tr>
<td><strong>DINNER</strong></td>
<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. <strong>574 Cal.</strong></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. <strong>652 Cal.</strong></td>
<td></td>
<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). <strong>814 Cal.</strong></td>
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</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td>1801 Calories</td>
<td>1800 Calories</td>
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**QUOTE OF THE WEEK:**
*Remember don’t limit exercise just to a gym, make it a lifestyle plan.*
— Ramona Braganza

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

**WEEK 3**

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**TIP SHEET: Stay Healthy Week 3**

**WORKOUT TIPS**

For 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](https://www.seafoodwatch.org). Its simple interface lets you easily determine the best choices for fish and crustaceans, and good alternatives for when those aren’t available.

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