### WEEK 4
**Goal: Boost Performance**

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

#### DAY 1

**CARDIO**

Do 35 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike—keeping the pace within an exertion Zone of 2–3. (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 5- to 10-pound dumbbells and a medicine ball. Complete 3 rounds total, doing each exercise continuously for 1 min before starting the next. Rest 1 min between sets.

**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.

**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.

**BICYCLE SIT-UPS — Aim for 30 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 in the air. 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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**WEEK 4**

**Goal: Boost Performance**

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

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## STRENGTH TRAINING

**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.

**REVERSE LUNGE WITH DUMBBELLS** — Aim for 10–15 reps each leg

Hold a dumbbell in each hand, keeping your arms entirely straight. Push your chest out and take a large step backwards, 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.

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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 seconds
### Week 4

**Goal:** Boost Performance  
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#### CLASS DAY

Attend a Vinyasa yoga 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.

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WEEK 4

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CARDIO

Continue to integrate 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, stationary bike—or outside. The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

Interval Workout (31 mins)

Warm-up: 5 mins / Zone 1 working up to Zone 3
- + Speed Interval: 1 min / Zone 3
- + Rest Interval: 3 mins / Zone 1
- + Speed Interval: 2 mins / Zone 4
- + Rest Interval: 3 mins / Zone 2
- + Speed Interval: 3 mins / Zone 4
- + Rest Interval: 3 mins / Zone 2
- + Speed Interval: 2 mins / Zone 5
- + Rest Interval: 3 mins / Zone 2
- + Speed Interval: 1 min / Zone 5

Cooldown: 5 mins / Zone 3 decreasing to Zone 1

CORE CHECK-IN

PLANK — 3 sets of 30-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, squeeze your glutes, and hold.

SIDE PLANK — 3 sets of 30 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.
**WEEK 4**

**Goal: Boost Performance**

**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:** 10 mins / Zones 2–3

**Interval Circuit (7 times)**

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

**Cooldown:** 5–10 mins / Zone 1

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**STRENGTH TRAINING**

Follow your cardio with this short strength routine. Put 15 mins on the clock and repeat this series until time runs out—no breaks in between exercises!

**PUSHUPS — 10 reps**

Get on all fours and place your hands on the floor slightly wider than and in line with your shoulders. Form a straight line with your body 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.

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WEEK 4

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STRENGTH TRAINING CONT.

MOUNTAIN CLIMBERS — 30 secs
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 a line as possible. Return to the starting position and repeat the movement with your opposite leg.

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.

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.

PLANK — Aim for 30 secs
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, squeeze your glutes, and hold.

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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**WEEK 4**  
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**DAY 1**

**BREAKFAST**
Scramble 2 whole eggs and 1 egg white with 1/2 cup of nonfat milk, 1 tbsp Parmesan cheese, chopped serrano chilies, and turmeric powder. On the side, have 2 slices of gluten-free toast each with 1/2 tbsp of butter.  
512 Cal.

**LUNCH**
1 cup of low-sodium or homemade bean soup. On the side, have a small green salad with carrots and 1 tbsp of sunflower seeds. Top with 1 tbsp of vinaigrette dressing and 4 ounces of tuna.  
585 Cal.

**SNACK**
1 cup red grapes.  
1/2 cup sunflower seeds.  
192 Cal.

**DINNER**
Bake a 6-ounce cornish game hen with onions and dandelion greens. On the side, have 1 cup brown and wild rice mixture and 1 cup sautéed green beans in 1 tbsp of olive oil.  
540 Cal.

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**DAY 2**

**BREAKFAST**
1 whey protein shake made with 1 banana, 1/2 cup blackberries, 1 tbsp ground flax meal, and 1/2 cup almond milk with water.  
507 Cal.

**LUNCH**
Grill one 6-ounce sole filet, sautéed with green onions in 1 tbsp of olive oil. On the side, have 2 cups of sautéed spinach in 1 tbsp of olive oil, and 1 cup of brown and wild rice.  
625 Cal.

**SNACK**
In a bowl, mix 1 cup low-fat cottage cheese, 1 cup raspberries, and 1/3 cup pecans. Drizzle 1/3 tbsp of honey over the top.  
474 Cal.

**DINNER**
Grill 6 ounces of halibut. On the side, have 1 cup grilled red and yellow peppers, 1/2 baked potato with the skin, and 1 tbsp pesto. Sauté 1 cup of fresh tomatoes, basil, and olive oil to cover the halibut.  
574 Cal.

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**DAY 3**

**BREAKFAST**
Egg white omelets made with 2 egg whites, 3 ounces of ground chicken, tomatoes, fresh oregano, dandelion greens, and 2 tbsp olive oil. On the side, have 1 gluten-free waffle with 1 tbsp real butter.  
576 Cal.

**LUNCH**
1 cup of pinto beans sautéed in 1 tbsp of olive oil with herbs.  
1 cup of red quinoa sautéed with spinach and broccoli.  
1/2 cup Greek yogurt with dill and garlic.  
775 Cal.

**SNACK**
Zucchini, carrot, and celery sticks with 1 tbsp of red pepper hummus.  
70 Cal.

**DINNER**
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.  
552 Cal.

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**TOTAL CALORIES**
1829 Calories  
2180 Calories  
1937 Calories

*Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.*
### WEEK 4 | Goal: Boost Performance

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

#### BREAKFAST

**DAY 4**
- 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.  
  **487 Cal.**

**DAY 5**
- 1 gluten-free bagel with 6 ounces of your favorite specialty nonfat cream cheese, and spinach leaves.  
  **587 Cal.**

**DAY 6**
- 1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit.  
  **450 Cal.**

#### LUNCH

**DAY 4**
- Grill one 3-ounce chicken breast and place on 1 slice of gluten-free bread. Top with 1 slice of low-fat Swiss cheese and 1/2 cup marinara sauce. On the side, steam and chop 2 cups of asparagus.  
  **363 Cal.**

**DAY 5**
- Prepare one 4-ounce ribeye or sirloin beef 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 a handful of cooked red onion, and 1/2 of an apple.  
  **634 Cal.**

**DAY 6**
- 1 cup homemade pinto bean soup. On the side, have a small green salad with carrots and 1 tbsp of sunflower seeds. Top with 1 tbsp of vinaigrette dressing and 4 ounces of tuna.  
  **585 Cal.**

#### SNACK

**DAY 4**
- 1 cup red grapes.  
  **192 Cal.**

**DAY 5**
- 1 orange.  
  **237 Cal.**

**DAY 6**
- 1 slice of low-fat Jarlsberg cheese.  
  **170 Cal.**

#### DINNER

**DAY 4**
- Bake 6 ounces of white fish. On the side, have 1 cup of mashed cauliflower with jalapeno and 1 tbsp of olive oil. 1 cup sautéed brussels sprouts in 1 tbsp grapeseed oil. 1 cup raspberries with 1 cup almond milk.  
  **711 Cal.**

**DAY 5**
- Broil one 4-ounce pork chop. On the side, have 1/2 cup brown and wild rice mixture, sautéed broccoli with jalapeno or serrano chili peppers (at your level of spice preference), and 1/2 cup fresh blueberries.  
  **472 Cal.**

**DAY 6**
- Sauté one 4-ounce lamb burger patty in 1 tbsp grapeseed oil. On the side, have 1 cup black beans with herbs, and a green salad with cucumber and jicama. Top with 2 tbsp vinaigrette.  
  **652 Cal.**

#### TOTAL CALORIES

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<td><strong>1930 Calories</strong></td>
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The Gold's Gym 12-Week Personal Transformation Plan

WEEK 4

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

TIP SHEET: Boost Performance Week 4

WORKOUT TIPS

Welcome to Week 4 and the last tipsheet of your plan. Now that you’re nearly a month into the program, we think you’re mentally prepared enough to go it on your own. To send you off right, here are three tips on how to stay motivated:

- **Find a workout buddy:** Research has proven that people perform better as a team. Especially because when you schedule workouts with a friend, you’re held accountable and less likely to skip out on a workout.

- **Reward yourself:** When you reach a goal—like going to the gym five days in a row—make sure to pat yourself on the back. Buy yourself a new workout tank top or have a glass of wine. Knowing that there’s a reward down the line can help motivate you on the tough days.

- **Publicize your progress:** Share your goals with friends and family on Facebook or Twitter. Telling other people about your fitness plans can give you a much needed fan base to cheer you on—or help you get through a plateau.

QUOTE OF THE WEEK:

Success isn't always about greatness. It's about consistency.
— Dwayne “The Rock” Johnson