WEEK 4  
**Goal: Build Muscle Advanced**  
**Gym Days:** 4 (pick whichever 4 days of the week you can work out)

**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**

**PUSHUP** — 3 sets of 8 reps; rest 30 secs between sets  
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.

**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 FRONT RAISE** — 3 sets of 10 reps; rest 30 secs between sets  
Stand tall with your feet hip-width apart, holding a dumbbell in each hand in front of your thighs. Your palms should face toward you. Raise your arms in front of you, pausing once the dumbbells reach shoulder height. Return the weights to the starting position.

**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.

See more on next page »
### WEEK 4

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

#### DAY 1

**STRENGTH TRAINING (CONT.):**

**EZ-BAR PREACHER CURL** — 3 sets of 10 reps; rest 30 secs between sets

Grab an EZ-bar with an underhand grip, hands shoulder-width apart, and sit on a preacher bench. Place the back of your upper arms against the padding and allow your arms to fully extend. Contract your biceps and curl the bar toward your face. Raise the bar as high as possible while maintaining constant tension on the biceps. Pause, and then slowly lower the bar back to the starting position.

**TRICEPS DUMBBELL KICKBACK** — 3 sets of 10 reps each side; rest 30 secs between sets

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.

**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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Join [Gold's Gym Nation](https://www.goldsgym.com) today!
WEEK 4

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

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

GOBLET SQUAT WITH DUMBBELL — 3 sets of 10 reps; rest 30 secs between sets
Hold a dumbbell vertically next to your chest, with both hands cupping the dumbbell head. Push your hips back and lower your body into a squat until your upper thighs are at least parallel to the floor. Your elbows should brush the insides of your knees in the bottom position. Pause, then press your body back up to the starting position.

STANDING RESISTANCE-BAND HIP ABDUCTION — 3 sets of 10 reps each side; rest 30 secs between sets
Loop a resistance band around a sturdy object and your ankle. Stand tall with the looped ankle farthest from the opposite end of the band while holding the sturdy object with your inside arm. This is your starting position. Lift looped ankle up and straight out to the side as far as possible. Pause, then return leg to starting position.

LATERAL SQUAT — 3 sets of 10 reps each side; rest 30 secs between sets
Begin by standing tall with your heels pressed together, turning your toes out to 45 degrees. Keep your hands on your hips for support. Slide your right foot out further than hip width, keeping your left foot in the same position, and descend into a squat position. Make sure to keep your chest pushed out and abs tight the entire time. Rise out of the squat position, sliding your leg back to the starting position before repeating with your opposite side.

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.

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

**WEEK 4**  
**Goal:** Build Muscle Advanced  
**Gym Days:** 4 (pick whichever 4 days of the week you can work out)

### STRENGTH TRAINING CONT.

**STANDING CALF RAISE** — 3 sets of 10 reps; rest 30 secs between sets  
Stand on a box or stair with your heels and mid-foot hanging off the edge. Use a wall or rail to stay balanced. Raise your heels as high as possible, pause, and then lower them back into the starting position. Repeat.

**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 crossed 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 20 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 of the ground. Squeeze your abs at the top of the movement and hold for one second. Return to starting position and repeat.

**SIDE PLANK WITH TWIST** — 3 sets of 10 reps each side; rest 30 secs between sets  
Lie on your side and position yourself on your bottom elbow and the side of your foot. Lift your hips off the ground and form 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 and 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.

**SUPERMAN** — 3 sets of 1-min holds on each side; rest 30 secs between sets  
Lie facedown on the floor with your legs straight and arms overhead. Your palms should be down on the floor. Squeeze your glutes and lower back to raise your upper body off the floor with 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.

**Cooldown**  
Light cardio and stretching: 5 mins

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**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**

**QUOTE OF THE WEEK:** Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity.
— Louis Pasteur

**WEEK 4**

**Goal:** Build Muscle Advanced

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

**STRENGTH TRAINING**

**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.

**DUMBBELL FLY** — 3 sets of 10 reps; rest 30 secs between sets
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 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.

**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.

**SINGLE-ARM STANDING CABLE REVERSE FLY** — 3 sets of 10 reps; 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.

**WARM-UPS**

- **SHOULDER CIRCLES**
  30 secs each direction

- **NECK ROTATIONS**
  5 reps each side

- **GOOD MORNING STRETCH**
  5 reps

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**WEEK 4**

**Goal: Build Muscle Advanced**

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

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**STRENGTH TRAINING (CONT.)**

**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.

**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. 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 20 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. With your elbows behind your head and flared to the side, 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.

**SIDE PLANK WITH TWIST** — 3 sets of 15 reps; rest 30 secs between sets

Lie on your side and position yourself on your bottom elbow and the side of your foot. Lift your hips off the ground and form 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 and 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.

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

WEEK 4

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

Warm-up: 5-min brisk walk or jog on the treadmill / Zone 3
(Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

STRENGTH TRAINING

STEP-UP WITH DUMBBELL — 3 sets of 10 reps each side; rest 30 secs between sets
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.

WALL SQUATS — 3 sets of 10 reps; rest 30 secs between sets
Stand with your back pressed up against a wall. Your feet should be slightly in front of you and shoulder-width apart. Squat down, keeping your heels flat and knees out. Hold your arms out for balance. Stay in this position for up to 10 seconds, then stand and return to the starting position. Complete all reps.

BRIDGE WITH LEG EXTENSION — 3 sets of 10 reps each side; rest 30 secs between sets
Lie on your back with your knees bent and heels flat against the floor. Keep your feet hip-width apart. Tighten your stomach and press your heels into the floor, driving your hips upward and finishing the movement by squeezing your glutes, making sure not to use your lower back. While in this position, take one foot off the ground and extend that leg fully in front of you. Return your leg to the ground and repeat with the opposite leg.

STANDING CABLE HIP ABDUCTION — 3 sets of 10 reps; rest 30 secs between sets
Stand tall with one shoulder next to the cable machine. Your legs about shoulder-width apart and the ankle attachment placed around the ankle that’s farthest from the cable machine. Place one hand on your hips, while your other hand is securely positioned on the cable machine. Raise the weighted leg out laterally as high as possible. Pause and then reverse the motion to starting position. Do all reps, switch legs and repeat.

See more on next page »
### WEEK 4

**Goal: Build Muscle Advanced**

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

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#### STRENGTH TRAINING (CONT.)

**LEG CURL MACHINE** — 3 sets of 10 reps; rest 30 secs between sets
Set the machine to a challenging weight. Lie on your stomach on the bench part of the machine and hook your ankles behind the padded leg rests. Draw your ankles toward your buttocks until your legs form a 90° 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. 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.

**SUPERMANS** — 3 sets of 10 reps; rest 30 secs between sets
Lie facedown on the floor with your legs straight and arms overhead. Your palms should be down on the floor. Squeeze your glutes and lower back to raise your upper body off the floor with your hands out in front of you. Simultaneously, lift your straight legs off the floor. Pause at the top for 2 secs. Relax and return to the starting position.

**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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### WEEK 4

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

### BUILD MUSCLE MEAL PLAN

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<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
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<tr>
<td>1 green protein smoothie made with 1-1/2 scoops whey protein powder*, 6 ounces coconut water, 1/2 cup raw spinach, 1/2 cup raw kale, 3 ounces cucumber, 4 ounces apple, and 1 tbsp cold-pressed coconut oil. 363 Cal.</td>
<td>Grill one 4-ounce boneless, skinless chicken breast. Pair with 1 ounce of almonds and 6 ounces of apple. 311 Cal.</td>
<td>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.</td>
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<td>3 cups garden salad* consisting of lettuce and vegetables. Top with 1 tbsp oil and vinegar and 4 ounces of boneless, skinless grilled chicken breast. 299 Cal.</td>
<td>1 Advanced Athletics meal replacement bar or a Quest protein bar. 240 Cal. / Calories vary</td>
<td>Roll 1/2 ounce almonds and 5 ounces apple in 4-1/2 ounces of sliced turkey breast (low sodium). 283 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Grill 5 ounces salmon. Pair with 1/2 cup brown rice and 3 ounces of steamed asparagus. 318 Cal.</td>
<td>Grill 4-1/2 ounces of boneless, skinless chicken breast, 1/2 cup black rice, 1 ounce raw arugula, 1 ounce tomato, and 1 ounce cucumber. Top with 2-1/2 tbsp balsamic vinaigrette. 327 Cal.</td>
<td>Stir fry 4-1/2 ounces raw shrimp, 1/2 tbsp olive oil, 1/2 cup cooked brown rice, and 6 ounces broccoli. 344 Cal.</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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**QUOTE OF THE WEEK:**

Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity.

— Louis Pasteur
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The Gold’s Gym 12-Week Personal Transformation Plan

**WEEK 4**

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**BUILD MUSCLE MEAL PLAN**

<table>
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<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
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</table>
| **BREAKFAST**  
Spinach omelet consisting of 6 egg whites, 1 whole egg, 1 cup spinach, and 1/2 cup of black beans.  
321 Cal. | Scrambled eggs with 6 egg whites and 1 whole egg. On the side, have 1-1/2 ounces of unsweetened oatmeal.  
332 Cal. | Scramble 6 egg whites and 1 whole egg. Add 1 cup of spinach, 3 ounces broccoli, 3 ounces mushrooms, and 3 ounces tomato. On the side, have 3 ounces of blueberries.  
294 Cal. |
| **LUNCH**  
3-1/2 ounces of albacore tuna with 1 ounce hummus and 3 ounces of grapes wrapped with one whole-grain, low-carb wrap.  
323 Cal. | Chicken and cheese burrito made with 5 ounces boneless, skinless chicken breast, 1 ounce cheddar cheese, and 1/3 cup mixed vegetables. Enclose in a sprouted-whole-grain wrap.  
345 Cal. | Cranberry chicken salad wrap made with 4 ounces boneless, skinless chicken breast, 1/2 ounce Greek yogurt, 1 tbsp mayo, 1/2 cup raw spinach leaves, 1 ounce tomato, and 1/2 tbsp dried cranberries. Enclose in a sprouted-whole-grain wrap.  
314 Cal. |
| **SNACK**  
Grill 4-1/2 ounces of chicken breast. Pair with 5 ounces of pear and 1/2 ounce of raw cashews.  
305 Cal. | 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. | Tuna salad consisting of 4 ounces albacore tuna, 1/2 ounce pitted olives, 3 tbsp balsamic vinaigrette, 2 ounces tomato, and 1/2 ounce onion. On the side, 5 ounces of peach  
276 Cal. |
| **DINNER**  
Grill 4-1/2 ounces of chicken breast and cover with 1 tbsp of barbecue sauce. On the side, have 2 cups of garden salad* topped with 3 tbsps balsamic vinaigrette.  
341 Cal. | Prepare 5-1/2 ounces of seared scallops. On the side, have 1/2 cup brown rice and 2 cups raw spinach leaves.  
314 Cal. | Prepare 4 ounces of filet mignon. On the side, have 6 ounces of steamed broccoli and 1/2 ounce of brown rice.  
343 Cal. |

* Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.
QUOTE OF THE WEEK:
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— Louis Pasteur

The Gold’s Gym 12-Week Personal Transformation Plan

WEEK 4 | Goal: Build Muscle Advanced
Gym Days: 4 (pick whichever 4 days of the week you can work out)

TIP SHEET: Build Muscle 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.