**WEEK 4**

**Goal: Get Lean Advanced**

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

---

**DAY 1**

Focus: Cardio and Strength

**CARDIO**

**TREADMILL INCLINES — Brisk Walking**

- Increase incline level every 15 secs until reaching Incline 15
- Decrease incline level every 15 secs until reaching 0
- **Duration:** 15 minutes

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

**STRENGTH TRAINING**

**TOTAL BODY STRENGTH CIRCUIT**

**Equipment:** Dumbbells, incline bench  
**Intermediate to Advanced:** 8-lb to 10-lb dumbbells

**COMPOUND MOVEMENTS**

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

**DUMBBELL SHOULD PRESS — 12 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 — 12 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 »

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Week 4  
**Goal: Get Lean Advanced**  
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**STRENGTH TRAINING**

**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 — 12 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.

See more on next page »
**WEEK 4**

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### DAY 1

**STRENGTH TRAINING**

**INCLINE FLY — 12 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 sets and repetitions.

**PUSHUP — 12 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.

**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.

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**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 hold it at arm's length. Bend at your hips (don’t round your lower back) and lower your torso until it's almost parallel to the floor. Let the dumbbell hang at arm's length from your shoulder. Without moving your torso, row the dumbbell upward by raising your upper arm, bending your elbow and squeezing your shoulder blades together. Pause, then lower the dumbbell back to start. Do all reps, then hold the dumbbell in your other hand and repeat.

See more on next page »
Week 4: Get Lean Advanced

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

**STRENGTH TRAINING CONT.**

**DUMBBELL TRICEP 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 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 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 slightly 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 — 12 reps each side**
Grab a pair of dumbbells with an overhand grip, and hold them at arm’s length in front of 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 — 12 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

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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
WEEK 4

Goal: Get Lean Advanced
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

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

Jog: 4 mins
Sprint: 1 min
Jog: 3 mins
Sprint: 2 mins
Jog: 2 mins
Sprint: 3 mins
Walk briskly: 2 mins
Jog: 3 mins
Sprint: 2 mins
Jog: 3 mins
Sprint: 1 min
Jog: 4 mins
Rest: 2 mins

See more on next page »
**STRENGTH TRAINING**

**Core Circuit (3 times; rest 30 secs at the 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 — 10 reps each side**

Lie on your side and position yourself on your bottom elbow and side of your bottom 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 — 5 reps on each side**

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

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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 on each side

- OVER UNDER SHOULDER STRETCH
  Hold 30 secs each side

- CAT CAMEL
  15 reps

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WEEK 4

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

CLASS DAY

Focus: Cardio and Flexibility/Strength

Cardio
SHORT WORKOUT
Cardio of your choice (treadmill, elliptical, etc.): 15–20 mins / moderate

Stretching/Strength
GOLD’S GYM GROUP EXERCISE CLASS
Attend a Power Yoga class (1 hour)

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**Quote of the Week:**
Make sure your worst enemy doesn’t live between your own two ears.
— Laird Hamilton

**Week 4**
**Goal: Get Lean Advanced**

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

**Day 1**
**Focus:** Cardio and Strength

**Warm-up:** 5 mins / jog on treadmill

**Cardio**

**Elliptical**
40 mins / moderate speed

**Strength Training**

**10-8-6 Countdown Circuit**
Do entire circuit starting with 10 reps for each exercise; then repeat circuit at 8 reps; then at 6 reps; then at 4 reps; and the complete the final circuit at 2 reps. Rest for 30 secs at the end of each circuit.

**Jumping Jack**
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.

**Stationary Side-Lunge**
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.

**Squat**
Stand as tall as you can with your feet shoulder-width apart, toes pointed slightly 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.

**Push-up**
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 »
### Quote of the Week:

Make sure your worst enemy doesn't live between your own two ears.
— Laird Hamilton

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**Week 4**

**Goal: Get Lean Advanced**

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

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<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th><strong>DAY 4</strong></th>
<th><strong>MENU</strong></th>
<th><strong>TIP SHEET</strong></th>
</tr>
</thead>
</table>

#### Strength Training (Cont.)

**Crunch**

Lie flat on your back, placing your hands behind your head or across 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 until all prescribed reps have been completed.

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

**Stability Ball Crunch — 20 reps**

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.

**Superman — 12 reps**

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 of 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.

**Bicycle Sit-Up — 20 reps on each side**

Lie on your back with your knees bent and feet flat on the floor. Place your hands behind your head, palms toward your head. Bring your knees to your chest and raise your shoulder blades in the air. Slowly move your legs in the air as if you’re riding a bike.

**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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### 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>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>Scramble 1 whole egg and 4 egg whites. Sprinkle 1 tsp parmesan over top. On the side, have 1/2 grapefruit.</td>
<td>Grill 4 ounces of chicken and put over a large salad with 1/2 avocado and assorted veggies. Top with olive oil and balsamic vinegar.</td>
<td>1 cup chopped vegetables of choice dipped in salsa.</td>
</tr>
<tr>
<td><em>226 Cal.</em></td>
<td><em>300 Cal.</em></td>
<td><em>109 Cal.</em></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>Prepare 4 ounces of turkey burger and serve open face on 1 slice of whole wheat toast. On the side, have 1 cup tossed salad with carrots and grape tomatoes. Drizzle balsamic vinaigrette to taste.</td>
<td>1 apple.</td>
<td>1240 Calories</td>
</tr>
<tr>
<td><em>605 Cal.</em></td>
<td><em>72 Cal.</em></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<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>1/2 avocado and 1 cup assorted vegetables of choice.</td>
<td>1464 Calories</td>
</tr>
<tr>
<td><em>626 Cal.</em></td>
<td><em>184 Cal.</em></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>6 ounces of roasted chicken paired with 1/2 cup cooked broccoli and 1 sweet potato.</td>
<td></td>
<td><em>1308 Calories</em></td>
</tr>
<tr>
<td><em>419 Cal.</em></td>
<td></td>
<td></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.

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**QUOTE OF THE WEEK:**

Make sure your worst enemy doesn’t live between your own two ears.

— Laird Hamilton
**WEEK 4 | Goal: Get Lean Advanced**

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

### GET LEAN MEAL PLAN

<table>
<thead>
<tr>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>1/2 cup sweetened oatmeal with 1 cup mixed berries.</td>
<td>1 large chef salad of choice. Top with oil and vinegar.</td>
<td>6 ounces of Greek yogurt mixed with 1/4 cup of blueberries. Handful of almonds.</td>
</tr>
<tr>
<td>371 Cal.</td>
<td>484 Cal.</td>
<td>233 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>Grill 4 ounces of tilapia and top with garlic, pepper, 5 cherry tomatoes, and olive oil. On the side, have 5 asparagus and 1 cup quinoa.</td>
<td>1 cup chopped vegetables of choice dipped in salsa.</td>
<td>1487 Calories</td>
</tr>
<tr>
<td>399 Cal.</td>
<td>109 Cal.</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td></td>
<td>1337 Calories</td>
</tr>
</tbody>
</table>

- Total Calories: 1487
- Calories: 1337
- Calories: 1279

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* 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.
Welcome to Week 4 and the last tip sheet 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.