Week 4 | Goal: Stay Healthy Advanced
Gym Days: 4 (pick whichever 4 days of the week you can work out)

Class Day
Focus: Cardio and Flexibility/Strength

Cardio
Do 30 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 2-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.)

Flexibility and Strength
Attend a restorative yoga class (1 hour).

Join Gold’s Gym Nation today!
**WEEK 4**

**Goal: Stay Healthy Advanced**

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

**DAY 1**

**CARDIO**

Do 50 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. The level of intensity here varies. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

- **Warm-up:** 15 mins / Zones 2–3
- **Interval (repeat 7 times):**
  - 1 min / Zone 4
  - 3 mins / Zone 2
- **Cooldown:** 5–10 mins at an easy pace
- **Stretching:** 5 mins

**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction
- **NECK ROTATIONS**
  - 5 reps each side
- **GOOD MORNING STRETCH**
  - 5 reps

**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

Join **Gold’s Gym Nation** today!

**GO NOW**
**Week 4**

**Goal: Stay Healthy Advanced**

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

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**CARDIO**

Do 30 mins of cardio on a machine of your choice—treadmill, elliptical or stationary bike. Begin with a 1-min warm-up at Zone 1, then maintain an exertion level between Zone 3 and Zone 4. (Zone 1 is a light warm-up, and Zone 5 is nearly maximum effort.)

**STRENGTH TRAINING**

**RESISTANCE-TRAINING CIRCUIT (3 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
- **Round 3:** 12 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
- **Round 3:** 12 reps

See more on next page »
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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: 5 reps each side
- Round 2: 8 reps each side
- Round 3: 10 reps

Step-Ups with Dumbbells
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.
- Round 1: 8 reps each side
- Round 2: 10 reps each side
- Round 3: 12 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
- Round 3: 12 reps

Join Gold’s Gym Nation today!
**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  
**Round 3:** 15 reps

**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 each side  
- **OVER-UNDER SHOULDER STRETCH**  
  Hold 30 secs each side  
- **CAT-CAMEL**  
  15 reps

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Join [Gold’s Gym Nation](https://www.goldsgym.com/nation) today!
WEEK 4
Goal: Stay Healthy Advanced
Gym Days: 4 (pick whichever 4 days of the week you can work out)

CLASS DAY
Focus: Cardio and Strength

Attend a GGX class (1 hour).

Join Gold’s Gym Nation today!
GO NOW
**The Gold’s Gym 12-Week Personal Transformation Plan**

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

**STAY HEALTHY MEAL PLAN**

<table>
<thead>
<tr>
<th>DAY 1</th>
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<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
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<td>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.</td>
<td>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. <strong>507 Cal.</strong></td>
<td>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. <strong>576 Cal.</strong></td>
</tr>
<tr>
<td>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. <strong>585 Cal.</strong></td>
<td>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 1-1/2 tbsp olive oil and 1 cup of brown and wild rice. <strong>625 Cal.</strong></td>
<td>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. <strong>775 Cal.</strong></td>
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<td>1 cup red grapes. 1/2 cup sunflower seeds. <strong>192 Cal.</strong></td>
<td>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. <strong>474 Cal.</strong></td>
<td>Zucchini, carrot, and celery sticks with 1 tbsp of red pepper hummus. <strong>70 Cal.</strong></td>
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<tr>
<td>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. <strong>540 Cal.</strong></td>
<td>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. <strong>574 Cal.</strong></td>
<td>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. <strong>552 Cal.</strong></td>
</tr>
</tbody>
</table>

**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.
### Quote of the Week:

Health is the vital principle of bliss,  
And exercise, of health.  
— James Thomson

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

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

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**STAY HEALTHY MEAL PLAN**

<table>
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<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
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<tr>
<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. 487 Cal.</td>
<td>1 gluten-free bagel with 6 ounces of your favorite specialty nonfat cream cheese, and spinach leaves. 587 Cal.</td>
<td>1 cup of gluten-free oatmeal. On the side, have 1 hard-boiled egg and 1 whole grapefruit. 450 Cal.</td>
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<td>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.</td>
<td>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.</td>
<td>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.</td>
</tr>
<tr>
<td>1 cup red grapes. 1/2 cup sunflower seeds. 192 Cal.</td>
<td>1 orange. 1/3 cup walnuts. 237 Cal.</td>
<td>1 slice of low-fat Jarlsberg cheese. 1 whole kiwi fruit and 1/2 of a sliced green apple. 170 Cal.</td>
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<td>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.</td>
<td>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.</td>
<td>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.</td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>1753 Calories</strong></td>
<td><strong>1930 Calories</strong></td>
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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. When you schedule workouts with a friend, you’re held accountable and are 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.