WEEK 5 | Goal: Boost Performance
Gym Days: 5 (pick whichever 5 days of the week you can work out)

CLASS DAY
Attend a Pilates class (1 hour).

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CARDIO + STRENGTH TRAINING COMBINED

Bootcamp Workout
To get started, gather the equipment you need for the workout in one place:
- Mat
- Medicine ball
- Dumbbells
- Resistance band
- Exercise bench or box

Make sure you have some room around you to move freely without disturbing other gymgoers. Then cycle through all 10 moves in the workout below and repeat the circuit 2 more times.

MOUNTAIN CLIMBERS — 40 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 a line as possible. Return to the starting position and repeat the movement with your opposite leg.

WALKING LUNGES — 10 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.

MEDICINE-BALL WOOD CHOPS — 15 reps each side
Stand with your feet shoulder-width apart. Hold a weight or medicine ball in front of your stomach. Squat down, keeping your knees out, chest up and shoulders back. Bring the ball to the outside of your right knee. Stand, and bring the ball across your body toward your left shoulder. Bring the ball to starting position. Switch sides and repeat.

See more on next page »

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**CARDIO + STRENGTH TRAINING COMBINED**

**CONT.**

**SQUAT, PLANK, PUSHUP — 5 reps**
Stand with feet shoulder-width apart and toes pointed outward. Descend your hips until your thighs are parallel to the ground and place your hands directly in front of you on the floor. Jump your 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.

**REVERSE CRUNCH — 12 reps**
Lie on your back with your knees together and your legs bent to 90 degrees, feet planted on the floor. Place your palms 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.

**STEP-UPS WITH DUMBBELL — 10 reps each leg**
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.

**PLANK — Hold for 1 min**
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.

**BIKE CYCLE SIT-UPS — Do continuously for 1 min**
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. Slowly move your legs in the air as if you’re riding a bike.

See more on next page »

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[GO NOW]
WEEK 5

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**CARDIO + STRENGTH TRAINING COMBINED**

**SEATED CABLE ROW — 20 reps**
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 your 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.

**SQUAT JUMP — 10 reps**
Place your fingers on the back of your head and pull your elbows back so that they’re in line with your body. Dip your knees in preparation to leap. Explosively jump as high as you can. When you land, immediately squat down and jump again.

**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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### CARDIO

Do the Gold’s Gym Indoor Cardio Triathlon! Record your distances so you can compare them with how you do in Week 6.

**ELLIPICAL (10 mins)**

A traditional triathlon starts with swimming, but for our indoor version try an elliptical machine that provides a highly efficient low-impact workout. Think of this portion as your warm-up to the bike and run, and be sure to keep your head and body upright.

**Tip:** Most elliptical trainers have arm levers; use them to give yourself an upper-body workout.

**BICYCLE (10 mins)**

To gain maximum cycling benefits, properly align yourself before you start. Adjust the seat so that your knees have a slight bend when extended. Find a comfortable resistance that allows you to maintain around 80 revolutions per min (RPM).

**Tip:** For the last 2 mins, lower the resistance and increase your RPM to 90.

**TREADMILL (10 mins)**

Because your legs will likely feel a little rubbery after the bike ride, ease into the run. In fact, you should feel free to start with 1 or 2 mins of walking or jogging to get going. Once you’re in a groove, build up speed.

**Tip:** Need a push? Remember that you’re simulating a triathlon, and use that as motivation to drive you to the finish line.

### CORE CHECK-IN

**PLANK — 3 sets of 45-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 45 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.

### 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 5

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**CLASS DAY**

Attend a Vinyasa yoga class (1 hour).

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*QUOTE OF THE WEEK:*

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith.

— Franklin D. Roosevelt

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STRENGTH TRAINING

Warm-up: Stationary jog for 4 mins at a low to moderate speed

Weight-Training Circuit (3 times, with 1 min of rest between each circuit)

ALTERNATING DUMBBELL BENCH PRESS — Do continuously for 30 secs (min of 10 reps; max of 20 reps)
Grasp a pair of dumbbells. Lie on your back on a bench, and hold the dumbbells over your chest. Pull your shoulders together, slightly stick out your chest, and make sure your palms are facing outward. Press one dumbbell upward and pause for 1 second. As you lower it, press the other one up and continue in an alternating manner. Repeat until all reps are completed.

Rest: 10 secs

LAT PULLDOWN — Do continuously for 30 secs (min of 10 reps; max of 20 reps)
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.

Rest: 10 secs

WALL SQUATS — Do continuously for 30 secs (min of 10 reps; max of 20 reps)
Stand with your back pressed 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.

Rest: 10 secs

See more on next page »

WARM-UPS

SHOULDER CIRCLES
30 secs each direction

NECK ROTATIONS
5 reps each side

GOOD MORNING STRETCH
5 reps

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**STRENGTH TRAINING**

**Core Circuit (3 times, with 1 min of rest between 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.

**Quadruped Leg Raise — Do as many as you can for 1 min**

Get down on all fours with your back straight. Without changing the bend in your knee, kick your right leg back and up as high as you possibly can. Pause, then return to the starting position and switch legs.

**Side Plank — Hold for 30 secs on 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.

**SuperMans — 12 reps**

Lie facedown on the floor with your legs straight and arms stretched past your head. Your palms should be 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 secs. Relax and return to the starting position.

**Cooldown:** Light stationary jog for 3 mins while rolling shoulders and shaking out arms.

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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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### Boost Performance Meal Plan

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<th>Day 1</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<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. 576 Cal.</td>
<td>Grill one 4-ounce chicken breast with your choice of fresh herbs. Pair with a baked yam, leaving the skin on and adding 1 tbsp of butter. On the side, prepare 1 cup of turnip greens with 1 tbsp olive oil. 485 Cal.</td>
<td>1 slice of low-fat Swiss cheese. 1 whole nectarine. 145 Cal.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>Sauté one 4-ounce lamb or grass-fed beef burger patty in 1 tbsp grapeseed oil. On the side, have 1 cup black beans with herbs, and a small to medium-size green salad with cucumber and jicama. Top with 2 tbsp vinaigrette. 652 Cal.</td>
<td>Broil one 4-ounce pork chop. On the side, have 1/2 cup brown and wild rice mixture, 1 cup sautéed broccoli with jalapeno or serrano chili peppers (at your level of spice preference), and 1/2 cup fresh blueberries. 472 Cal.</td>
<td>1858 Calories</td>
</tr>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>1858 Calories</td>
<td>1 cup gluten-free oatmeal with 1 ounce crushed pecans and 1 cup of almond milk. 577 Cal.</td>
<td>1769 Calories</td>
</tr>
<tr>
<td>1854 Calories</td>
<td>Cook 5 ounces of ground chicken. Place on a gluten-free tortilla with 1 slice of melted mozzarella, 1 slice jack cheese, 1/2 cup marinara sauce, chopped broccoli, and pineapple (like a pizza). On the side, have a small green salad with 1 tbsp Italian dressing. 553 Cal.</td>
<td>1854 Calories</td>
</tr>
</tbody>
</table>

* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
**WEEK 5**

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### MENU

- **Breakfast**
  - **Day 4**: 2 egg whites sautéed with spinach and 1 tbsp olive oil. 1 cup of high-fiber cereal with 1 cup nonfat milk and 1 cup blueberries. **487 Cal.**
  - **Day 5**: 1 cup of low-fat Greek yogurt with 1/3 cup almonds, 1 cup of gluten-free high-fiber cereal, 1 cup blackberries and 1 tbsp honey. **585 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**: 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. **548 Cal.**
  - **Day 5**: One 4-ounce low-sodium ham sandwich on gluten-free bread with 1 slice of low-fat melted Swiss cheese, lettuce, and hot mustard. On the side, have 1 cup of veggie and brown rice soup (homemade, or choose low-sodium version). **405 Cal.**
  - **Day 6**: 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 of marinara sauce. On the side, steam and chop 2 cups of asparagus. **363 Cal.**

- **Snack**
  - **Day 4**: 2 tbsp of hummus dip with 12 to 15 carrot and zucchini sticks. **85 Cal.**
  - **Day 5**: 1 orange. 1/3 cup walnuts. **250 Cal.**
  - **Day 6**: 1 cup red grapes. 1/2 cup sunflower seeds. **192 Cal.**

- **Dinner**
  - **Day 4**: Grill one 4-ounce NY strip steak. On the side, have 1 cup of sautéed white cabbage, 1 cup of asparagus, handful of red grapes, and 1 cup of quinoa mixed with chopped jalapenos (at your level of spice preference). **658 Cal.**
  - **Day 5**: 6 oz broiled wild salmon. Sauté asparagus in grapeseed oil and garlic. Have 1/2 cup low-fat Greek yogurt with dill and garlic. **465 Cal.**
  - **Day 6**: 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 brussels sprouts sautéed in 1 tbsp grapeseed oil. 1 cup of raspberries with 1 cup almond milk. **711 Cal.**

**Total Calories**

- **Day 4**: 1778 Calories
- **Day 5**: 1705 Calories
- **Day 6**: 1716 Calories

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