Week 5

Goal: Build Muscle

Gym Days: 5 (pick whichever 5 days of the week you can work out)

Day 1

Day 2

Day 3

Day 4

Day 5

Menu

Cardio

Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

Warm-up:
- 3 mins / Zone 3
  - Speed Interval: 30 secs / Zone 4
  - Rest Interval: 2 mins / Zone 2
  - Speed Interval: 30 secs / Zone 5
  - Rest Interval: 1 min / Zone 2
  - Speed Interval: 30 secs / Zone 4
  - Rest Interval: 2 mins / Zone 2

Cooldown:
- 30 secs / Zone 1

Strength Training

Seated Cable Row — 3 sets of 12 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 Lateral Raise — 3 sets of 12 reps; rest 30 secs between sets
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.

Warm-ups

Shoulder Circles
- 30 secs each direction

Neck Rotations
- 5 reps each side

Good Morning Stretch
- 5 reps

See more on next page »

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WEEK 5

**Goal: Build Muscle**

**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

---

**DAY 1**

**STRENGTH TRAINING**

**DUMBBELL BICEPS CURL** — 3 sets of 12 reps; rest 30 secs between sets

Grab a pair of dumbbells and stand up straight with a tight torso. Allow the dumbbells to hang at arm’s length with palms facing forward. With feet shoulder-width apart, bend your elbows to curl the dumbbells upward to your shoulders. Pause for a second and slowly allow the weights to return to the starting position. Completely straighten your arms and repeat.

**TRICEPS PRESSDOWN** — 3 sets of 12 reps; rest 1 min between sets

Facing the pulley station, grab the V-handle attachment, set to a high pulley with a shoulder-width, overhand grip. Holding the attachment and supporting the weight, bring your elbows to your sides so your forearms are parallel to the floor. This is the starting position and from here your elbows shouldn’t move. Extend your forearms straight down by contracting the triceps, twisting the attachment slightly so the knuckles face the floor at the bottom. Hold at lockout for 1 second before returning to the starting position.

**PLANK** — 3 sets of 45-sec holds; rest 1 min between each hold

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.

**SIDE PLANK** — 3 sets of 45-sec holds on each side; rest 1 min between each hold

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. Hold. Try not to let your hips sag. Repeat on left side.

**STABILITY-BALL CRUNCH** — 3 sets of 20 reps; rest 30 secs between sets

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.

**Cooldown**

Light cardio and stretching: 5 mins

---

**DAY 2**

**STRENGTH TRAINING**

**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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GO NOW
Week 5

Goal: Build Muscle
Gym Days: 5 (pick whichever 5 days of the week you can work out)

**CARDIO**

Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

Warm-up: 3 mins / Zone 3
- Speed Interval: 30 secs / Zone 4
- Rest Interval: 2 mins / Zone 2
- Speed Interval: 30 secs / Zone 5
- Rest Interval: 1 min / Zone 2
- Speed Interval: 30 secs / Zone 4
- Rest Interval: 2 mins / Zone 2

Cooldown: 30 secs / Zone 1

**STRENGTH TRAINING**

**OVERHEAD DUMBBELL SQUAT** — 3 sets of 12 reps; rest 1 min between sets
Hold a pair of dumbbells directly above your head and place them at about shoulder-width. Your feet should be shoulder-width apart. 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.

**STEP-UPS WITH DUMBBELLS** — 3 sets of 12 reps each side; rest 1 min 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.

See more on next page »

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WEEK 5  |  Goal: Build Muscle

Gym Days: 5 (pick whichever 5 days of the week you can work out)

STRENGTH TRAINING (CONT.)

FIRE HYDRANT — 3 sets of 12 reps each side; rest 30 secs between sets
Get on your hands and knees on the floor, making sure to keep your knees and hands hip-width and shoulder-width apart, respectively. Your knees should be bent to 90 degrees, directly beneath your hips. Tighten your core and, without moving your hips, raise your right thigh out to the right side of your body, keeping your knee bent the entire time. Without dropping your hips, straighten your leg backward so that it is in line with the rest of your body. Return to the starting position to switch legs.

GLUTE BRIDGE WITH ADDUCTION — 2 sets of 30-sec holds; rest for 30 secs between sets
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.

DUMBBELL DEADLIFT — 3 sets of 12 reps; rest 1 min between sets
Set a pair of dumbbells on the floor in front of you. Bend at your hips and knees, and grab the dumbbells with an overhand grip. Without allowing your lower back to round, stand up with the dumbbells and thrust your hips forward. Lower your body back to the starting position.

HOVERING SITUP — 3 sets of 12 reps; rest 1 min between sets
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.

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**WEEK 5**  
**Goal: Build Muscle**  
**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

### STRENGTH TRAINING CONT.

**PUSHUP WITH MEDICINE BALL** — 3 sets of 10 reps; rest 1 min between sets

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.

**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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**Quote of the Week:**

To be worn out is to be renewed.  
— Lao-tzu
### WEEK 5

**Goal: Build Muscle**

**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

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| Warm-up: 1 min / Zone 3 | + Speed Interval: 30 secs / Zone 4 | - Rest Interval: 2 mins / Zone 2 | + Speed Interval: 30 secs / Zone 5 | - Rest Interval: 1 min / Zone 2 | + Speed Interval: 30 secs / Zone 5 | - Rest Interval: 2 mins / Zone 2 | + Speed Interval: 30 secs / Zone 4 | - Rest Interval: 1 min / Zone 2 |
| Cooldown: 1 min / Zone 1 |
| **STRENGTH TRAINING** |                             |                        |            |           |        |
| **DUMBELL FLY — 3 sets of 12 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 back to the starting position, making sure you squeeze the muscles in your chest at the top of the movement. |
| **SINGLE-ARM STANDING CABLE REVERSE FLY — 3 sets of 12 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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**DUMBBELL SHOULDER PRESS — 3 sets of 12 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.

---

**SEATED CABLE ROW — 3 sets of 12 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.

---

**LAT PULLDOWN — 3 sets of 12 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.

---

**LATERAL DUMBBELL STEP-UP — 3 sets of 12 reps each side; rest 30 secs between sets**

Stand beside a box or exercise bench. Hold a dumbbell in each hand. Place the foot of your outside leg on the box or bench. Step up onto the box, finish with your trail leg on the bench. Step down with your trail leg. Do all reps, switch sides and repeat.

---

**SIDE PLANK WITH TWIST — 3 sets of 12 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, 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

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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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**WEEK 5**

**Goal: Build Muscle**

**Gym Days: 5** (pick whichever 5 days of the week you can work out)

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**DAY 1**

**CARDIO**

Choose a machine that feels comfortable to you—a stationary bike, elliptical or treadmill. The level of intensity here varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort).

**Warm-up:** 3 mins / Zone 3

  + Speed Interval: 2 mins / Zone 5

**Cooldown:** 3 mins / Zone 3 decreasing to Zone 1

---

**STRENGTH TRAINING**

**BACK SQUAT — 3 sets of 12 reps; rest 1 min between sets**

Hold a barbell across your upper back with an overhand grip and your feet shoulder-width apart. Keeping your lower back arched, lower your body as deeply as you can by pushing your hips back and bending your knees. Pause, then reverse the movement back to the starting position.

**SPLIT SQUAT WITH DUMBBELL — 3 sets of 12 reps each side; rest 1 min 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.

**SHIFTING SIDE LUNGE — 3 sets of 12 reps; rest 1 min between sets**

Hold a dumbbell in each hand, keeping your arms entirely straight. Push your chest out and take a large step to the side, pushing your hips back and bending the knee of the lead leg. Keep your trailing leg as straight as possible. As you lunge, bend forward at the hips and reach the dumbbells on both sides of your lead leg, making sure to keep your lower back from rounding. Bend your opposite knee, shifting the weight onto both legs while reaching the dumbbells straight down in front of you. Straighten your former lead leg, shifting your weight to the opposite side while lunging, placing the dumbbells on both side of that leg. Push off your lead leg, bringing your feet together and returning to the starting position.

See more on next page »

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**WEEK 5**

**Goal: Build Muscle**

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---

**STRENGTH TRAINING**  
**CONT.**

**DUMBBELL STRAIGHT-LEG DEADLIFT** — 3 sets of 12 reps; rest 1 min between sets  
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.

**LEG PRESS MACHINE** — 3 sets of 12 reps; rest 1 min between sets  
Sit on a leg-press machine with feet hip-width apart. Set the weight on a challenging resistance. Bend your knees 90 degrees, keeping your feet flat against the foot plate. Extend your legs until they are straight but not locked. Slowly return to the starting position.

**LEG CURL MACHINE** — 3 sets of 12 reps; rest 1 min between sets  
Set the machine to a challenging but doable weight. Lying stomach-down on the bench part of the machine, hook your ankles behind the padded leg rests. Draw your ankles toward your buttocks until your legs form a 90-degree angle. Slowly return to the starting position.

**LEG EXTENSION MACHINE** — 3 sets of 12 reps; rest 1 min 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. Select a weight and 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.

**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 5  |  **Goal: Build Muscle**

**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

---

**DAY 1**

**CLASS DAY**

Attend a Vinyasa yoga class (1 hour).

---

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## WEEK 5

**Goal: Build Muscle**

**Gym Days:** 5 (pick whichever 5 days of the week you can work out)

### MENU

#### BUILD MUSCLE MEAL PLAN

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**BREAKFAST**

- **Day 1:** 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.**
- **Day 2:** 10 ounces of low-fat Greek yogurt with 1/4 ounce almonds and 3 ounces blueberries. **285 Cal.**
- **Day 3:** 8 ounces of low-fat cottage cheese mixed with 1/4 ounce of raw almonds, 4 ounces of strawberries, and 3 ounces of blueberries. **335 Cal.**

**LUNCH**

- **Day 1:** Roll 1/2 ounce almonds and 5 ounces apple in 4-1/2 ounces of sliced turkey breast (low sodium). **283 Cal.**
- **Day 2:** 3 cups garden salad consisting of lettuce and fibrous vegetables. Top with 1 tbsp oil and vinegar and 4 ounces of boneless, skinless grilled chicken breast. **299 Cal.**
- **Day 3:** 1 Advanced Athletics meal replacement bar or a Quest protein bar. **240 Cal. / Calories vary**

**SNACK**

- **Day 1:** 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.**
- **Day 2:** 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.**
- **Day 3:** Grill 4-1/2 ounces of chicken breast. Pair with 5 ounces of pear and 1/2 ounce of raw cashews. **305 Cal.**

**DINNER**

- **Day 1:** 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.**
- **Day 2:** Prepare a 3-1/2-ounce cut of filet mignon. On the side have 3 ounces of cooked potatoes and 5 ounces of steamed cauliflower. **300 Cal.**
- **Day 3:** 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.**

---

*Day 4-6 continued on next page...*

*Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.*
### WEEK 5

**Goal: Build Muscle**

*Gym Days: 5 (pick whichever 5 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>
</tr>
<tr>
<td>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. <strong>402 Cal.</strong></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. <strong>305 Cal.</strong></td>
<td>1 Advanced Athletics meal replacement bar or a Quest protein bar. <strong>240 Cal. / Calories vary</strong></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Spinach omelet consisting of 6 egg whites, 1 whole egg, 1 cup spinach, and 1/2 cup of black beans. <strong>321 Cal.</strong></td>
<td>3 cups of garden salad with lettuce and grilled vegetables. Top with 1 tbsp light salad dressing, 1 ounce of hummus and 5-ounces of grilled salmon. <strong>423 Cal.</strong></td>
<td>Roll 1/2 ounce almonds and 5 ounces apple in 4-1/2 ounces of sliced turkey breast (low sodium). <strong>283 Cal.</strong></td>
</tr>
<tr>
<td>Tuna salad consisting of 4 ounces albacore tuna, 1/2 ounce pitted olives, 3 tbsp balsamic vinaigrette, 2 ounces tomato, and 1/2 ounces onion. On the side, 5 ounces of peach. <strong>276 Cal.</strong></td>
<td><strong>SNACK</strong></td>
<td>8 ounces of low-fat cottage cheese mixed with 1/4 ounce of raw almonds, 4 ounces of strawberries, and 3 ounces of blueberries. <strong>335 Cal.</strong></td>
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* Each day based on a balance of approximately 1000-1500 average total calories to be consumed per day.