The Gold's Gym 12-Week Personal Transformation Plan

**QUOTE OF THE WEEK:**

*Energy is eternal delight.*

— William Blake

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**WEEK 6**

**Goal: Boost Performance**

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

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**DAY 1**

**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

**Warm-up:** 5 mins on treadmill at 4 mph

Make sure you have some room around you to move freely without disturbing others. 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 medicine ball or weight 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. Do all reps, switch sides and repeat.

See more on next page »

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**WARM-UPS**

- **SHOULDER CIRCLES**
  - 30 secs each direction

- **NECK ROTATIONS**
  - 5 reps each side

- **GOOD MORNING STRETCH**
  - 5 reps

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**CARDIO + STRENGTH TRAINING COMBINED**

**SQUAT, PLANK, PUSHUP — 5 reps**
Stand with feet shoulder-width apart and toes pointed outward. Lower 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 — 15 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 floor 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 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.

**BICYCLE 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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### CARDIO + STRENGTH TRAINING COMBINED (cont.)

**SEATED CABLE ROW — 15 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! Push harder in each section and try to beat last week's effort.

**ELLiptical (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.

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**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.

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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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DAY 1
DAY 2
DAY 3
DAY 4
DAY 5

CLASS DAY

Attend a Pilates class (1 hour).

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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 10 reps
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.
Rest: 10 secs

See more on next page »

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**STRENGTH TRAINING CONT.**

**LOWER-BODY SUPERSETS (15 mins)**

A superset means doing two consecutive exercises back-to-back without a rest. Use a low to medium weight that feels challenging. You don’t have to overdo it with weight because the workout includes lots of reps, continuing to build lean muscles and muscle endurance.

**First Superset (3 times, then rest for 30 secs)**

**DUMBBELL DEADLIFTS — 3 sets of 12**

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.

**SQUAT JUMP — 3 sets of 12**

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.

**Second Superset (3 times, then rest for 30 secs)**

**LEG EXTENSION MACHINE — 3 sets of 12**

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.

**LEG CURL MACHINE — 3 sets of 12**

Set the machine to a challenging but doable weight. Lying facedown 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.

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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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### CARDIO

Incorporate high-intensity interval training into your workout for speed plus strength. You can do this workout on a cardio machine of your choice: treadmill, elliptical or stationary bike.

The level of intensity varies between Zone 1 (lowest level; barely feel exertion) and Zone 5 (highest exertion level; maximum effort). As a general guide, treadmill incline should be somewhere between a 4% and a 10% grade, and sprint speed should be between 7.5 and 10 mph. Focus on pushing yourself but keep good posture with your hips, shoulders and neck relaxed.

**Warm-up:** 10 mins / Zones 2–3

**Cycle 1 (repeat 4 times)**

+ Speed Interval: 3 mins / Zone 4
- Rest Interval: 2 mins / Zone 2

**Cycle 2 (repeat 5 times)**

+ Speed Interval: 1 min / Zone 5
- Rest Interval: 1 min / Zone 1

**Cooldown:** 5–10 mins / Zone 1

### STRENGTH TRAINING

Follow your cardio with this short strength routine. Put 15 mins on the clock and repeat this series until time runs out—no breaks between exercises!

See more on next page »
WEEK 6
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STRENGTH TRAINING CONT.

PUSHUPS — 12 reps
Get on all fours, and place your hands on the floor slightly wider than and in line with your shoulders. Form a straight line with your body 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 CLIMBERS — Do continuously for 30 secs
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.

SQUATS — 10 reps
Stand as tall as you can with your feet shoulder-width apart, toes slightly pointed 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 upward to the starting position, squeezing the glutes at the top of the movement.

BICYCLE SIT-UPS — 15 reps each side
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.

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 6 | Goal: Boost Performance**

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### WEEK 6 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>Sauté 2 eggs in 1-1/2 tbsp olive oil. Add 2 tbsp Parmesan cheese. On the side, have 1 cup bran cereal with 1 cup nonfat milk, and sliced pineapple.</td>
<td>One 4-ounce turkey sandwich on 2 slices of gluten-free bread. Add 2 slices of low-fat mozzarella cheese, spinach leaves, 1 tsp nonfat mayo, and 1 tbsp of hot mustard. On the side, have 1 cup of low-sodium split pea soup.</td>
<td>1 orange. 1/3 cup walnuts.</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
<td><strong>TOTAL CALORIES</strong></td>
</tr>
<tr>
<td>One 5-ounce grilled pork chop. On the side, have 2 cups of asparagus sautéed in 1 tbsp grapeseed oil.</td>
<td>1885 Calories</td>
<td>1844 Calories</td>
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<tr>
<td></td>
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<td>1827 Calories</td>
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**Day 4-6 continued on next page...**

* Each day based on a balance of approximately 1700–2000 average total calories to be consumed per day.
**Week 6**

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### Meal Plan

#### Day 1

**Breakfast**
- 1 gluten-free bagel with 6 ounces of your favorite specialty nonfat cream cheese, and spinach leaves. 587 Cal.

**Lunch**
- Grill one 5-ounce turkey burger, then sauté in grapeseed oil. Place the turkey burger on a gluten-free bun and top with 1 slice of low-fat mozzarella cheese, lettuce, and tomato. On the side, have 1 cup of chicken and rice soup (homemade, or the lowest-sodium version available). 725 Cal.

**Snack**
- 2 tbsp of hummus dip with 12 to 15 carrot and zucchini sticks. 85 Cal.

**Dinner**
- Two 2-ounce turkey meatballs with 1 cup of spaghetti squash, and 1 cup low-sodium marinara mixed with 1 medium to large fresh sautéed tomato. On the side, have a medium to large green salad with chopped red cabbage and sprouts topped with 2 tbsp light vinaigrette dressing. 496 Cal.

**Total Calories**
- 1893 Calories

#### Day 2

**Breakfast**
- 2 eggs and 1 egg white scrambled with 1/2 cup peppers and 1/2 small tomato. 2 pieces of gluten-free toast with 1 tbsp of olive oil on each. 580 Cal.

**Lunch**
- Steam 3 ounces of clams. Pour over 1/2 cup gluten-free spaghetti, with 3 tbsp olive oil and tomato and basil sauce. On the side, have a spinach salad with a light vinaigrette. 643 Cal.

**Snack**
- 1 orange. 237 Cal.

**Dinner**
- Prepare a salad with 2 cups of fresh chopped veggies of your choice. Add 5 ounces tuna and 1 cup cooked quinoa. Top with 2 tbsp light vinaigrette dressing. 487 Cal.

**Total Calories**
- 1947 Calories

#### Day 3

**Breakfast**
- 1 protein shake made with 2 scoops whey protein, 1 banana, 1/2 cup strawberries, 1 tbsp flax meal, 1 cup almond milk, and 1 cup water. 439 Cal.

**Lunch**
- 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.

**Snack**
- 1/3 cup pecans. 1 pear. 270 Cal.

**Dinner**
- Three 2-ounce beef meatballs sautéed with 1 to 2 cups of white and red cabbage and 3 tbsp grapeseed oil. For dessert, have 1 baked apple with cinnamon. 670 Cal.

**Total Calories**
- 1742 Calories

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